

E DI SEGUNDO EDICION DI FOODSTOCK DI CMB TABATA UN TRIUNFO SIN IGUAL



FISCAL DEN CASO DI ASESINATO

**A MALTRATA
MICHAEL KOCK Y
LAGU'E TIRA MANERA
UN BESTIA RIBA CAYA**

CONTROVERSIA DI
PARTI DI MINISTERIO PUBLICO

**FISCAL: NO POR PONE PRIJS
PA BIDA DI HENDE PERO E
TA HAYA 10 MIL BON**

AVP A PRESENTA RUMBO
ALTERNATIVA NA UA

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Fiscal den caso di asesinato

A maltrata Michael Kock y lagu'e tira manera un bestia riba caya

Un caso tristo, un caso horibel sin duda, un caso caminda ta resalta e falta di respet c'un hende por tin pa bida di otro, ya cu e forma con Michael Kock, un adicto a wordo maltrata dia 22 di Januari di e aña aki, tabata simplemente criminal.

Loke Michael cu ta un adicto pero cu segun polisnan e no sa causa problema cu ningun hende, a haci pa haya e maltrato cruel cu e mester a soporta na luna di Januari ultimo, ta cu el a pasa man pa cartera di un muhe cu ta traha den American Bar na San Nicolas y a bay cu esaki.

Ora cu e muhe a ripara cu el a perde su cartera, dos homber cu tabata sinta cu su persona den e bar, a yuda busca y despues a sinta wak grabacion cu camaranan instala den e bar y ey nan a bin nota cu e persona cu a bay cu e cartera, tabata e adicto Michael Kock.

Aki e dos tiponan sinta cu e muhe cu a perde su cartera, estas Schildona Williams di 31 aña naci na Jamaica y e hoben Jonairo Quant di 21 aña, a dicidi di yuda e muhe recupera su cartera y nan a sali pa busca Michael Kock y tabata den Sint Maartenstraat cu a bin mira su persona den un cas.

Williams mesora a dreña e cas y sin bisa algo a dal Michael Kock un mokete cu a mand'e 'knock-out' den e cas y ora cu e señora di e cas a bisa cu den su cas no ta bringa cu ningun hende, e acusado Williams a dicidi di hisa e victima cargu'e hiba pafo y bent'e riba caminda.

E ora el a bay splica e señora di e cas kico ta pasando pero mientras tanto e otro acusado, Jonario Quant a bay cerca e victima pa listra su saconan di carson den cual el a bin haya e cartera cu Michael a bay cu ne y mesora el a core bay paden di e cas atrobe, pa mostra Williams kico el a haya.

BESTIA

Ora cu Williams a ripara esaki, el a ranca bay pafo y e acusado aki no a tuma ni na consideracion cu e victima tabata for di tino ainda y a cuminsa suta Michael cu mokete den su cara, causando herida rond di e cara di e pober homber.

Durante di e maltrato severo aki, ningun momento e victima por a reacciona ya cu e tabata for di conocimiento pa motibo

di e prome mokete cu el a ricibi di Williams den e cas pero asina e acusado aki a dicidi di lanta para y sigui bati e pober homber cu su pia riba su pecho y bariga y tambe a scop Michael na varios ocasion.

POLIS

Dos otro muhe di e bar cu tambe a Sali pa busca Michael, a bin topa cu e pober homber tira riba caminda tur na sanger y sin reaccion algun y mesora a avisa polis pa bin na e sitio y segun autoridadnan policial, nan a yega haya Michael benta riba caya seriamente herido y kende no tabata reacciona y mesora a pidi presencia di ambulance.

A transporta e victima cu urgencia pa hospital caminda a brinda prome asistencia pero despues a bin constata cu Michael Kock tabata loke ta ser yama 'schedelbasis fractuur', e tabatin sangramento den su cabes cu lo por ta hersenbloeding, tambe Michael tabatin varios fractura na su cara dor di e moketenan cu el a ricibi for di Williams mientras cu e pober homber aki tabatin 8 ribchi fractura.

Na mes momento tambe a constata cu e victima tabatin perforacion di pulmon y na momento cu el a fayece dia 16 di Maart di e aña aki, dokter a determina cu esey ta pa motibo di un infeccion cu el a sufri na su pulmon cu awor tin cu mira si esaki lo por wordo relata na e herida na e pulmon na momento cu el a wordo maltrata.

Segun declaracion di Williams, e acusado principal den e caso aki, no tabata intencion di mata Kock pero realmente e forma con a bata e mucha homber aki, tabata algo asina violento caminda e posibilidad tabata existi cu nunca mas lo el a recupera conocimiento.

Acusado Quant ta insisti cu ningun momento el a scop of golpia e victima manera ta ser mostra den e proces-verbaal pero unicamente el a controla si e victima Kock tabatin e cartera den su carson pero Fiscal a mostra bon cla cu e no a aleha su mes di e acto violento aki.

Pa tal motibo Fiscal a exige un castigo di 11 aña pa Quant mientras cu contra Williams cu ta esun cu mas a maltrata difunto Quant, el a exige un castigo di prizon di 14 aña. Dia 3 di November Hues lo dicta sentencia den e caso aki.

Controversia di parti di Ministerio Publico

Fiscal: No por pone prijs pa bida di hende pero e ta haya 10 mil bon

Diabierna ultimo Corte den Prome Instancia a trata un caso di maltrato cruel di un adicto, na luna di Januari di e aña aki y caminda e homber aki, Michael Kock, a bin fayece dos luna despues cu el a wordo golpia ferozmente, sin cu el a recupera conocimiento.

No tabata un maltrato normal si por bisa esaki, ya cu loke a haci cu e victima kende tabata for di conocimiento na momento cu e acusado principal Schildona Williams a haya sa cu e persona aki mes a bay cu cartera di un muhe for di Americano Bar, ta abnormal y hopi criminal.

Diabierna mainta Mama di e victima tambe a sinta den sala di Corte y por a scucha di momentonan horibel cu su yiu homber a pasa aden y cuanto maltrato el a ser sometí na dje.

For di e prome mokete caba cu Williams a tira riba su yiu homber, esaki a perde conocimiento y despues el a ser benta riba caminda duro, golpia den su cara na multiple ocasion sin cu su yiu por a resisti y defende su mes, pa despues e acusado lanta para y suta su yiu cu su pia den pecho y bariga.

Awor dado momento Hues a mostra cu Mama di Michael Kock, a dirigi un carta na Ministerio Publico den cual e ta mostra cu e caso di maltrato di su yiu, a afecta su persona formalmente, sigur e forma con a maltrata e criatura y dor di esaki, su persona ta ricibiendo terapia pa supera e situacion duro aki pero ainda e ta hopi afecta pa loke a sosode cu su yiu y e forma con el a perde su bida.

Den su carta e señora mama ta pidi un suma di 50 mil florin pa daño nan sufri dor di e maltrato di su yiu y tur loke e mester a pasa den pero dado momento Fiscal a dicidi cu Ministerio Publico tin un otro pensamento relaciona cu e asunto aki.

Ta bon pa resalta aki, cu Michael Kock ta un adicto, cu ta cana hopi riba caya pero polisnan mes a mostra cu e homber aki no tabata forma un problema of molester pa nan.

Na mes momento e tres muhenan cu na momento cu e incidente a inicia den Americano Bar, tabata a bay over na mostra cu ningun momento Williams mester a maltrata Michael di e forma aki, kende tambe ta bin conoci cerca e muhenan aki.



E muhe for di kende Michael a coy e cartera, hasta a reclama e acusado principal Williams cu no tabatin necesidad di maltrata e persona aki di e forma con el a haci esaki.

BALOR FISCAL

Ta bon pa mostra aki cu Fiscal mester a scucha un cancion masha popular di Rudy Plaate, un di su hitnan mas grandi, caminda e ta mostra riba amor di un Mama pa su yiu: “malhechor of criminal, e ta mi yiu.”

Fiscal su reaccion riba e exigencia di Mama di Michael Kock pa un suma di 50 mil florin, a sorprende tur hende entre otro el a mostra riba di e demanda di e Mama di 50 mil pa daño inmaterial, cu “no por pone prijs pa bida di hende,” un observacion cu lo por ta corecto, depende e situacion.

Sinembargo un rato despues e propio Fiscal S. mes ta informa Hues cu e ta kere cu 10 florin ta e suma cu e Mama lo por haya y a pidi pa declara e resto di 40 mil florin inadmisibel, pues e mes ta papia cu no por pone un prijs pa bida di un hende pero den nomber di Ministerio Publico, nan si ta haya cu 10 ta suficiente pa e bida di Michael Kock.

E no ta cuadra y Fiscal a mostra cu si e Mama kier mas placa, e tin cu inicia un caso civil contra di e acusadonan, sabiendo bon cla cu e Mama no tin e recurso pa haci e cos aki.



FOODSTOCK

STREET FOOD FESTIVAL & BLOCK PARTY FOR CHARITY

EMPODERAMIENTO DI COMUNIDAD E DI SEGUNDO EDICION DI FOODSTOCK DI CMB TABATA UN TRIUNFO SIN IGUAL

Si tabatin un anochi inolvidabel, esey tabata esun di Caribbean Mercantile Bank N.V. (CMB) su di dos edicion di "FoodStock Streetfood festival and Block Party for Charity" diasabra ultimo. Colma di spirito comunitario, delicia culinario, y inovacion pa su clientenan e evento "sold-out" tabata un exito cu a laga tanto bishitante como organisador yena di e orguyo di leon cu ta alinea cu CMB su vision.

E alegria di duna

E banco a compromete pa vende 1,000 (mil) ticket na valor di Afl 15.00 cada un y cu tur fondo recauda destina pa Fundacion Contra Violencia Relacional (FCVR), e fundacion valioso dedica na yuda victimanan di abuso domestico. CMB no solamente a logra e obhetivo aki como tambe "match" florin pa florin, pero adicionalmente duna Afl 20,000 extra, asina yegando na un bunita suma di Afl 50,000 destina na e fundacion. E atmosfera tabata na un maximo cu e alegria di duna bek na comunidad.

Un festival culinario

Pa bisa cu e evento tabata delicioso ta keda cortico. Cu un buffet igual na 10 bendedo di local di cuminda popular, e bishitantenan a complace nan mes cu un biahe gastronomico unico den bida. Cada ticket a duna acceso na platonan exkisito for di dos bendedo, ademas di un dessert, y dos bebida refrescante. E evento no tabata solamente un festin pa e sintinan, e tabata un celebracion di comunidad y talento local.

Drenta e era nobo di Bankomatiko+

Memey di e festividad a revela nan tarheta di debito nobo Bankomatiko+ awor cu adicon di

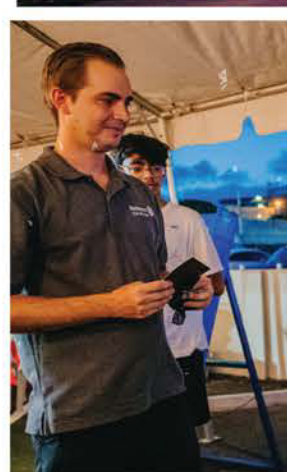
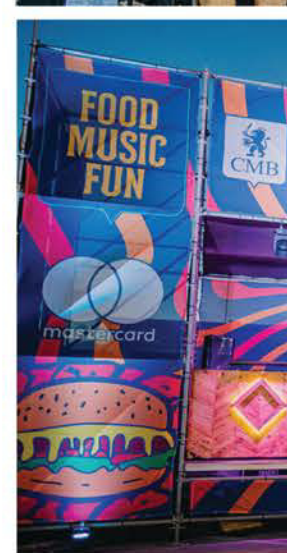
MasterCard y Funmiles. Cu dos version adicional premium den preparacion e clientenan di CMB ta prepara pa un experiencia bancario mehora. Un era nobo a cuminsa den e aliansa entre CMB, MasterCard y Funmiles poniendo mas poder den e cartera di nan clientela stima.

Un espacio di diversion y musica

Mey mey di e festividad a revela nan tarheta di debito nobo, Bankomatiko+, awor cu adicon di MasterCard y Funmiles. Cu dos version adicional premium den preparacion e clientenan di CMB ta prepara pa un experiencia bancario mehora. Un era nobo a cuminsa den e aliansa entre CMB, MasterCard y Funmiles poniendo mas poder den e cartera di nan clientela stima.

Un spirito pionero

Sr. Paul DeWolffe, Director General di CMB no por a bis'e miho: "Esaki ta mas cu un evento; e ta e refleho di nos compromiso duradero cu mehoracion, innovacion y servicio comunitario. Pa empodera nos clientenan y duna bek na fundacionnan manera FCVR. Nos meta ta semper pa fomenta un comunidad unda tur hende ta por prospera."





CMB kier gradici inmensamente na prome lugar e comunidad di Aruba cu a brasa y apoya e iniciativanan di sostene comunidad mediante compra di ticket pa alimento y entretenimiento pa famia; na Fundación Contra Violencia Relacional pa un bes mas accepta e propuesta di ayudo pa nan finnan comunitario; na e hobennan profesional di Rotaract Club di Aruba cu a sostene y apoya e idea pa inclui nos muchanan nan desaroyo y entretenimiento esencial pa nan ser; na voluntarionan di CMB mes cu bin dilanti y ofrece nan tempo liber pa cu e causa primordial di e evento, como tambe na tur e bendedornan cu a dicidi di sirbi clientela di CMB y nan faboritonan na un ora un lugar diferente di lo custumbra. Sin lubida na Cuerpo Policial di Aruba (KPA) cu a coopera, protehe, presenta na, y sostene metanan di CMB pa cu nos comunidad.

Masha masha danki pueblo di Aruba! Esaki tabata un evento cu tabata pa boso, pero mas importante di boso mes. Te cu un proximo biaha.





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AVP a presenta rumbo alternativa na UA Un otro instituto pa supervisa impacto di medidanan di gobierno

“Aruba tin mester di un acercamento cu ta tene cuenta cu tur factor social-economico y cultural den nos Pais, p’esey AVP ta enfatisa un RUMBO ALTERNATIVA pa pone prioridad den nos Pais den un nota extenso cu yama “THE BIGGER PICTURE”. Esaki lider di fraccion di AVP, mr. Mike Eman a splica despues di a presenta e nota di fraccion di AVP na Universidad di Aruba.

Na Universidad di Aruba delegacion di Partido di Pueblo Arubano (AVP), lider di partido mr. Mike Eman hunto cu colega parlamentario drs. Mervin Wyatt-Ras y candidato Wendrick Cicilia a dialoga cu e rector, dr. Viola Heutger. Como parti di acercamento cu ta bay tene cuenta cu factornan socio-economico-cultural principal den nos Pais, pa garantiza un maneho cu ta pone e BON COMUN di henter nos pueblo padilanti, e partido berde a presenta un nota cu ta describi e motivacion pa yega na un Social Cultureel Plan Bureau na Aruba (SCPA). Manera ta conoci e meta di e SCP na Hulanda ta pa haci investigacion cientifico y uza e resultadonan di esakinan pa yuda tuma miho decisionnan riba tur tereno di desaroyo den nos comunidad. Adicionalmente, Eman ta kere cu un instituto asina lo aporta na mehora e relacionnan den Reino dor di pone den un contexto constructivo y positivo atrobe.

Den e forma aki, lo saca e relacion for di e estado actual di division y discusion y enfoca mas riba e realidad socio economico di nos pais. Un punto di bista cientifico, manera Universidad di Aruba lo por aporta, ta esencial den e combatimento di pobreza creciente, costo di haci comercio y fragmentacion den comunidad. P’esey Mike Eman muestra su satisfaccion di por a haya un bon bini na e instituto pa educacion superior aki y pa comparti y dialoga riba e iniciativa pa un SCPA. Di su banda Rector, dr. Heutger a indica cu un Social Cultureel Plan Bureau ta habri caminda pa un comunidad mas sostenibel, mayor comprension den Reino y e posibilidad di tuma e decisionnan pa futuro cu lo mehora e condicionnan di bida na Aruba.

WYATT-RAS

“Universidad ta un pilar, un partner hopi importante den un iniciativa asina. Mi ta kere cu cada gobierno mester tuma esaki como ehempel pa asina traha na e sosten y cooperacion entre universidad, pueblo y partidonan politico,” asina drs. Mervin Wyatt-Ras a expresa gradiciendo pa e oportunidad di reuni cu e rector di



Universidad di Aruba.

E parlamentario ta convenci cu hunto por traha cu bista riba e bienestar di nos comunidad cordando semper riba e derecho cu cada ser humano tin di haya e miho cuido, e miho atencion, e miho enseñansa y e miho sosten.

WENDRICK CICILIA

Pa Wendrick Cicilia tabata un placer di por a discuti cu Universidad di Aruba riba un instituto cu e autoridad pa haci investigacion riba impacto social, cultural, economico cu decision financiero y politico por trece. “Ta importante pa nos por documenta e experiencia y sentimentonan di nos comunidad. Nos hendenan ta sinti decepciona, defrauda, cu ta bay atras den nan posicion financiero, cu nan calidad di bida ta disminui y cu oportunidadnan ta bira menos. Tur esaki mester ta parti di e discusionnan fundamental cu nos ta bay hiba riba nos futuro pa enfoca e BON COMUN cu mester regresa como e guia di referencia”, Cicilia a comenta.

Pa AVP ta importante cu banda di un CFT ta bin otro instituto cu ta wak, no unicamente e presupuesto di Aruba, pero e consecuencianan di e decisionnan cu un gobierno ta tuma. Ora ta corta den e fondo pa cuido medico, corta den subsidio pa enseñansa, e tin como consecuencia cu mester paga pa remedi y cu schoolgeld ta aumenta. Y ora haci tur esakinan hunto, bida di nos famianan ta bay atras. Eman a enfatisa cu na Hulanda, e siguridad di moda pa biba (“bestaanzekerheid”) ta ancla den constitucion. P’esey mas y mas tin comprension pa loke AVP ta trece dilanti. Ta categorisa e situacion actual como falta di informacion di e situacion real na Aruba. Eman tin e boluntad firme pa mehora esaki mustrandocu documentarionan cientifico e realidad di Aruba y kico tin mester.

“Awe nos a pone un fundeshi pa por sigui hiba e dialogo aki na e nivelnan mas halto den nos comunidad, un ruta alternativa pa pone e BON COMUN di nos henter nos isla padilant” Eman a finalisa bisando.



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Palapa cendi na candela



Diasabra anochi algo pasa di 10'or y mey dos unidad policial a bay tegenover di La Cabana, unda un Palapa tawata na candela. Na e sitio unda e candela tawata por mira un of mas security guards. Polis na yegada mesora a pidi pa Brandweer, mirando cu e otro Palapanan ta hopi cerca y por pega candela facilmente.

Algun minuut despues Brandweer a yega y ya no tawata tin mucho candela mas y bomberonan a rek un slang y a paga esaki. Na e sitio por a scucha cu lo ta trata di actonan di vandalismo, tanto security y polisnan lo keda tira bista den oranan di marduga.

Homber deteni despues cu e lo a corta hende na South Beach



Diasabra marduga polisnan a bay cu urgencia un bar nobo na South Beach hot zone. Eynan un persona lo a wordo hinc'a. Esaki a pone cu autoridad a bay cu urgencia.

Na yegada, danki Dios no tawata tin ningun persona herida pero si corta, pero nada serio.

A resulta cu un homber lo a haya problema cu e bouncernan di e luga y cu algo skerpi a corta/nan na man parce.

E agresor ainda tawata presente y aki mas cu claro mesora e la wordo deteni pa e susedido.

Transportwagen a wordo pidi pa por a transporta e homber pa warda.

Kico a ocasiona e problema no ta conoci. Ta varios di e tipo di casonan manera esaki a sosode den pasado cu consecuencianan serio y te hasta fatal.



Public Announcement: APA Initiates Allocation of Plots at Barcadera Business Park

Aruba Ports Authority NV ('APA') holds in long lease (erfpacht) approximately 10 hectares of developable land located near Barcadera Harbor, Aruba. This area can accommodate the development of approximately 15 parcels.



APA wishes to grant said parcels in sub long lease (ondererfpacht) to third parties that primarily engage in harbor-related businesses, mainly logistics, warehousing, indoor loading and unloading operations, and small-scale manufacturing. Retail, storage for use by individuals, residential use, storage of fireworks, weapons, ammunition and hazardous materials (not a limited list), are prohibited.

For more information please visit

<https://www.arubaports.com/main/barcadera-business-park/>

Accidente den parkinglot di Airport di Aruba, cu un persona herida



Diabiernaalgopasadi 11'ordiano chideneparkinglot di Aeropuerto a sosode un accidente. Mesora a pidi pa presencia di polis y un ambulance.

Un homber despues di a caba di traha a subi su auto y na momento cu e tabata bayendo pa sali for di e parkinglot pa un of otro motibo a dal cu su auto contra un di e tubonan cu tin riba e terreno di e parkinglot. Den e impacto e la kibra un wiel di su auto y tambe e la keda levemente herida. Na yegada polis a nota tur e datonan y e paramediconan di ambulance a trata e homber na e sitio y despues a dicidi toch di transporta e homber pa hospital pa un tratamiento medico mas avansa.



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In Memoriam:

Sherika de Armas, ex-Miss Uruguay a fayece na edad di 26 año

Sherika de Armas, e hoben modelo y empresario a wordo corona como Miss Uruguay na 2015, a laga un impacto duradero den mundo di moda y filantropia. Lamentablemente, e fin di siman aki e rednan social a ricibi un noticia tristo. Dia 11 di october, e hoben di 26 año a fayece despues di un balente bataya di dos año contra cancer, lagando e mundo di modelahe den luto.

UN BIAHE EXTRAORDINARIO

Sherika de Armas, conoci cariñosamente como Miss Uruguay, a alcanza e reconocimiento internacional pa su beyesa y gracia. Su trayectoria a hib'e mas leu di e titulo di reina di beyesa, drentando den e ambitonan di moda, cuidu personal y beneficencia.

E ruman homber mayor di Sherika, Mayk de Armas, a comparti e noticia tristo riba su perfil di red social bisando: "Bula halto, mi ruman. Semper y pa semper." Su homenahe a resona profundamente den e comunidad di modelo. E programa TV Show di Uruguay a informa cu Sherika de Armas a muri door di un cancer na matriz, un motibo cu a sacudi mundo di moda y red social.



UN MODELO DI ELEGANCIA Y GRACIA

Sherika no solamente tabata un cara bunita, sino un figura inspirado. E tabata un embahador di beyesa cu cerebro y curason. Su compañeronan a record'e cu cariño como "demasiado evoluciona p'e mundo aki" y "un di e muhenan mas bunita cu mi a conoce," segun Carla Romero, e actual Miss Uruguay.

Na e edad jong di 18 año, a corona Sherika como Miss Uruguay y el a pasa pa representa su pais den e certamen di Miss Mundo 2016, na Sanya, China. "Ta un soño haci realidad. Ta exactamente loke e ta aspira pa logra. Ta indescriptibel splica loke mi a sinti ora cu nan a yama mi pa corona mi," tabata su palabranan ora cu el a gana e prestigioso titulo aki.

E biahe di Sherika a sigui den e mundo di moda y cuidu personal. El a expresa su amor pa tur cos relaciona cu moda y a reconoce cu e certamen di Miss Universo ta un soño pa cualkier muhe hoben. "Mi ta hopi contento pa biba e aventura aki yena di desafio," el a comparti durante un entrevista cu NetUruguay, e plataforma dedica pa duna di conoce noticia importante riba moda den e pais Sur Americano.

Pero su paison ta bay mas leu cu pasarela. El a tripi pa emprende, creando su empresa specialisa den producto di cuidu personal y makiyahe: Shey de Armas Beauty Studio. Fuera di esey, Sherika a participa activamente como boluntario den e Fundacion Perez Scremini, dedica na cura e casonan di cancer pediatrico na Uruguay. Por ta cu Sherika de Armas a laga e mundo aki na un edad trempan, pero su legado como reina di beyesa, empresario y filantropo ta sigui bibo, recordando nos cu e beyesa berdadero ta briya fo'i paden.

EXECUTORIALE VERKOOP (AUCTION)

Executieveiling in opdracht van de hypotheekverstrekker; openbare verkoop krachtens artikel 3:268 van het Burgerlijk Wetboek van Aruba van de volgende onroerende zaken:

Bernhard van de Veen Zeppenfeldstraat 6

het recht van erfpacht tot 28-08-2072 op een perceel domeingrond
gelegen te San Nicolaas in Aruba, (442 m2),
kadastraal bekend als Vierde Afdeling Sectie A nummer 297

Inzetprijs: Afl. 380.000;

Onderhandse biedingen mogelijk.

De openbare verkoop vindt plaats eerst bij opbod en vervolgens bij afmijning op
29 november 2023, om 10:00 uur

ten overstaan van notaris mr. **C.M.A. Helmeyer**, notaris in Aruba,
in de veilingzaal van Kamer van Koophandel en Nijverheid,
J.E. Irausquin Boulevard 10 in Aruba.

Let op:

In het geval onderhandse bieding (nog) mogelijk is, kunnen potentiële kopers hun
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Combate controversial entre KSI y Tommy Fury a manifesta preocupacion cu tin den boxeo mixto



KSi y Tommy Fury a enfrenta otro den un combate cu a laga tanto e fanaticonan como e criticonan decepciona. E combate principal tan spera, promovi pa Misfits Boxing, a tuma luga na Manchester (Inglaterra) y tabata marca pa un exceso di golpi y decision cu a haci cu a cuestiona e legalidad di e tipo di combate aki.

Tommy Fury a logra un victoria pa decision mayoritario den un combate cu no a ofrece e espectáculo spera. A pesar di su triunfo, e victoria tabata cubri p'e echo cu a desconta un punto fo'i Fury den e di dos asalto door di a golpia tras di cabes. Den un combate di seis round, e perdida di un punto ta un desbentaha significativo, loke ta pone duda riba e decision final di e huesnan.

Loke ta mas decepcionante di e contienda tabata e exceso di wantamento durante henter e combate. Ambos boxeador a haya advertencia cu frecuencia riba esaki, pero a sigui recurir n'e tactica aki cada biaha cu nan tabata riba un distancia, hogando cualkier posibilidad di un intercambio autentico di golpi. E tacticanan a paga e emocion general y a contribui cu e combate a resulta mediocre.

KSI, e YouTuber, reconverti den boxeador, a expresa su malcontento cu e carchinan di puntuacion y a discuti cu Tommy Fury den ring. El a recorda Fury cu e tabata un boxeador profesional, mientras cu KSI tabata percibi como "e YouTuber". Fury, como contesta, a tacha KSI di mal perdedo.

Ya cu hopi tabata spera cu e ganado lo a sigura un combate contra Jake Paul, Tommy Fury a anuncia cu e no tabatin intencion di participa den mas den e tipo di pelea asina. E decision aki a sigui su victoria anterior contra Jake Paul riba decision dividi na februari. Den un combate co-estelar, Logan Paul a enfrenta Dillon Danis, luchado di MMA. E combate tabata marca pa su polemico final. Danis a purba

bent'e abao cu un dobel pia, frustra pa Paul. Sinembargo, e combate a dal un buelta straño ora cu Danis a uza un yabi contra Paul, despues cu e bel final a zona. Den e caos cu a sigui, a desqualifica Danis pa su accionnan. E fanaticonan cu a paga p'e combate a keda malcontento, cuestionando e profesionalidad y e calidad di esaki.

E falta di emocion den e combatenan aki tabata lantando duda riba e integridad y e reputacion di e deporte aki, ya cu hopi fanatico ta spera pa mira combate emocionante y husto. E espectaculonan aki, caracteriza pa un exceso di golpi y un conducta antideportivo, ta kita e virtud di e tradicion rico di boxeo y ta daña su credibilidad.

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Danki na vision y determinacion Minister di Deporte Endy Croes

Stadion Guillermo Prospero Trinidad ta duna bon bini na e prome wega di seleccion

Pabien Aruba cu victoria riba Virgin Island



Den e curason di e barrio di Dakota, un stadion cu pa hopi tempo no a haya atencion di mantencion debido, un bi-aha mas ta yama bon bini na e prome wega di seleccion di Aruba despues di e bunita fase di renobacion y un animo renoba tambe pa sigui uza e facilidad aki pa diferente deporte y pa tur edad di nos deportistanan.

E stadion ainda no ta completamente cla pero pronto lo para den tur su splendor atrobe pa brinda miho oportunidadnan pa nos deportistanan y nos pueblo.

Diasabra 14 di October, despues di 7 aña, e seleccion di Aruba por a hunga na Aruba atrobe den e Stadion Guillermo Prospero Trinidad. Desde 2016, seleccionnan di futbol di Aruba no por a hunga weganan di cas oficial di FIFA na Aruba, pa motibo cu e condicionnan di Stadion Guillermo Prospero Trinidad no tabata cumpli cu e standardnan necesario.

Gabinete Wever-Croes II, apesar di temponan dificil, a logra e fondo necesario pa haci inversion den Stadion Guillermo Prospero Trinidad y e prome wega di Concacaf Nations League Seleccion Masculino di Aruba vs Virgin Island por a tuma luga apesar cu e stadion ainda no a keda cla.

Durante e inauguracion di e prome wega aki cu a tuma luga den Stadion Guillermo Prospero Trinidad, un publico presente hopi anima a laga nan aplausonan resona, recordando nos cu amor pa deporte por transforma no solamente un luga, sino e animo di henter un comunidad. Cu cada wega hunga den e stadion aki, nos ta cultiva e soñonan di nos muchanan, criando un futuro unda forsa, trabou di ekipo, y determinacion ta guia nos pa un miho nacion. Den e arena di deporte, nos ta haya unidad, inspiracion, y e promesa di un futuro mas briyante.

Prome Minister Evelyn Wever-Croes ta felicita Aruba cu Stadion Guillermo Prospero Trinidad cu pronto lo wordo completamente renoba y ta gradici Minister di Deporte Endy Croes pa su vision y determinacion pa brinda nos deporte e oportunidad aki. Pabien Aruba cu victoria cu un score 3-1 riba Virgin Island poniendo Aruba na cabes di e grupo.



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Aruba ta supera US Virgin Island facilmente ta keda lider di Grupo B



Seleccion di Aruba tin mester di solamente un triunfo mas pa sigura su promocion pa e siguiente fase di Nations League di CONCACAF, algo cu tin decadanan sin pasa caminda pa prome bes pa hopi tempo, no a pasa caminda Aruba ta logra dos triunfo sigui den un torneo di e magnitud aki.

Diasabra atardi den un solo cu tabata 'hasa' formalmente a mira un seleccion di Aruba, formalmente motiva pa un publico di riba 2 mil persona, cu a sostene e ekipo local totalmente y for di prome pito di referee, e ekipo local a domina e wegá den su totalidad. Den e prome tempo e ekipo di Aruba a crea varios bon situacion di gol pero keeper di US Virgin Islands, e hoben Dylan Ramos den tremendo actuacion a percura pa su ekipo a bay descansa sin permiti gol y e prome tempo a keda na 0-0.

Den di dos tempo e seleccion local no a perde pa gana y ya na di 52 minuut porfin ta haya e gol cu e ekipo a merece pa su superioridad caminda riba un centro for di banda drechi di Jaybrien Romano, e bala ta pasa tur defensa y yega cerca Robien Ostiana kende a pusha e bala den net pa pone Aruba den bentaha di 1-0. E dominio di e ekipo local a continua y na di 62 minuut, caminda e bishitantenan a spera un tiro liber cu e lo a bay como un centro dilanti gol pero aki ta pasa e bala pa Terence Groothusen kende ta mira keeper Ramos tapa e tiro na prome instante pero Diederick Luydens ta sigui tras di e hugada y ta kop e bala den e gol bashi pa duna Aruba bentaha di 2-0.

Un bentaha cu tabata muestra comodo pero no dos minuut despues, US Virgin Island ta reacciona caminda un tiro cu no a muestra peligroso, a sorprende keeper Lentink di Aruba y e bala ta bay pega den net pa e wegá bira 2-1.

CAMBIO

Aki dirigentenan di e seleccion di Aruba ta haci dos cambio despues cu e ekipo local a bruha formalmente dor di e gol contra pero entrada di Davis Leensheer y e hoben medio campista Jaden Dania, a duna e ekipo e empuhe cu e tabatin mester pa reaccion bek.

Inicialmente Dania a inicialmente ta cobra un tiro liber cu ta dal

den palo di gol y bin bek den tereno pero na di 86 minuut Aruba ta caba cu tur ilusion di e bishitantenan ora c'un centro di Marc Jacobs ta percura pa un bruhamiento dilanti di gol y aki tabata Mishawn Molina cu ta pusha e bala den net pa pone Aruba den bentaha comodo di 3-1.

POLEMIICA

Na di ultimo minuut di wegá, riba un corner riba e banda drechi di tereno di US Virgin Islands, portero Lentink tabatin un mal salida y e bala ta yega riba cabes di Matthew Roth kende ta pusha e bala den net pa e score bira 3-2.

Un gol cu ainda tin un polemica cu si e gol aki a conta si of no ya cu den publicacion riba pagina di CONCACAF ta menciona e gol aki como legitimo y riba grabacion riba website di CONCACAF Nations League, por mira cu seleccion di Aruba ta saca e bala for di mey mey di tereno y mesora referee a pita pa final di e partido, dunando indicacion cu e gol ta oficial pero riba mesun WEBSITE aki, e score final ta wordo señala di ta 3-1, pues algo cu tin cu wordo clarifica ainda si esaki realmente ta gol of no ta gol.

LIDER

Aruba ta sigui lider despues di 2 wegá cu 6 punto, sigui na di dos luga pa e ekipo di Cayman Islands 1 punto tambe den dos wegá hunga y e ekipo di US Virgin Islands cu tambe 1 punto, tambe den dos partido hunga.

Na e momentonan aki e seleccion di Aruba ta favorito pa promove pa e siguiente fase faltando dos wegá y ganando un di e weganan aki, e ekipo ta den bon posicion pa logra esaki.

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Remedi cu recept:

Balans entre beneficio y riesgo

Den un mundo marca p'e avancenan significativo di ciencia medico, e medidamentonan cu recept ta hunga un papel indispensable den e tratamento di un variacion amplio di efecto medico. E profesionalnan di salud ta prescribi e remedinan aki pa alivia e sintomanan, trata malesa cronico y mehora salud en general. Sinembargo e debate encuanto e remedinan receta ta enfoca riba su beneficionan y e riesgonan potencial.

BALANSA E BENEFICIONAN

E remedinan di benta cu recept a transforma e panorama di remedi moderno, m ofreciendo solucion na malestar cu antes tabata pone bida na peligro. Ta aborda un sin fin di efecto, desde infeccion na malesanan cronico, proporcionando e pashentnan e medionan eficaz pa nan tratamiento y recuperacion. E beneficionan ta extende n'e mehoracion di e calidad di bida di miyones di persona, permitiendo e pashentnan hiba un bida mas sano y comodo.



NABEGA DOOR DI E RIESGONAN

Aunke e remedinan na benta cu recept ta ofrece bentaha importante, nan no ta keda sin riesgo. E posibel efectonan secundario y reaccion adverso ta exige un consideracion cuidadoso di su uzo. E profesionalnan di salud, hunto cu e pashentnan, mester evalua e beneficionan di e tratamento compara e riesgonan potencial, buscando un balans cu ta optimalisa e bienestar di e pashent. E uzo excesivo, indebido of malinterpreta di e receptnan por tin consecuencia imprevisto y plantea menasa grave p'e salud.

REGULACION Y RESPONSABILIDAD

E regulacion di e remedinan receta ta hunga un papel crucial pa garantiza su siguridad y eficacia. E organismonan gubernamental manera FDA na Merca, ta evalua y aproba rigurosamente e remedinan pa uzo specifico. N'e dokter y e farmaceuticonan ta confia nan e responsabilidad di proporciona n'e pashentnan informacion precies riba e uzo adecua, e posibel efectonan secundario y e importancia di respeta e dosis prescribi.

CONCLUSION

Remedi na benta cu recept ta un "cornerstone" di e asistencia di salud moderno, ya cu e ta ofrece speransa y alivio na esunnan cu ta enfrenta problema medico.

Ta imperativo cu e profesionalnan di salud y e pashentnan colabora den e responsabilidad comparti p'e uzo adecua. Cu un conocimiento profundo di e beneficio y e riesgonan, e remedinan na benta cu recept por sigui mehora bida y contribui n'e avance di salubridad riba un escala mundial.

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Minister Rocco Tjon: Ban planta pa salud mental

Recientemente, Minister di Husticia y Asuntonan Social sr. Rocco Tjon, tawata presente na e evento di “let’s plant for mental health”, pues ban planta pa salud mental, un iniciativa sumamente bunita for di e cadena social den conexion cu dia mundial di salud mental. Ta asina cu nos profesionalnan den e cadena social cu ta atende cu e tematica di salud mental, a uni hunto cu e organisacion “Trees for Aruba” pa asina hunto planta mata como simbolo di conscientisacion pa cu salud mental.

E tematica di Salud Mental ta toca nos tur, y e no ta discrimina, tampoco e ta haci distincion, pa cual motibo tambe e ta hala atencion di tur hende den nos comunidad. Manera ta conoci, siman pasa nos tawata presente como Aruba na e di cinco “Global Mental Health Summit” na Argentina, y mes ora nos por a ripara cu e retonan pa loke ta trata salud mental ta igual na tur parti di mundo.

Locual ta resalta mas entre varios pais, ta e scarsedad di personal, e necesidad pa kibra e stigma, e importancia pa programanan social pa brinda sosten y tambe e enfoke multi-sectoral cu ta hopi necesario. Esaki ta e motibo pakico na Aruba nos a introduci e stuurgroep GGZ, pa di e forma ey hunto cu tur profesional nos por percura pa un miho coordinacion y duna contenido real na e enfoke multi-sectoral.

Algo hopi importante pa salud mental por keda riba agenda ta, pa nos tur keda papia di e topico, pa di e forma ey nos logra kibra e stigma. Eventonan manera “Let’s plant for mental health” ta percura pa nos logra esaki.

Por ultimo, e mandatario a manda palabranan di pabien y gradicimento na henter e personal cu ta labora den e area aki. E trabou aki ta uno dificil, hopi biaha un trabou cu no ta wordo balora door di comunidad. Y como Gobierno di Aruba, nos ta balora y aprecia e trabou aki inmensamente, semper laborando na e bienestar di nos comunidad.



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Comprondiendo ansiedad:

Un red compleho di emocion

Ansiedad, un emocion omnipresente entre e sernan humano, ta trascende e limitenan di edad, sexo y sociedad. Ta trata di un estado mental compleho caracteriza pa angustia, inkietud y un sensacion teribel di preocupacion. Den e articulo aki nos lo drenta den panorama compleho di ansiedad, explorando su diferente formanan, desencadenante y impacto den bida di hende.

DEFINICION DI ANSIEDAD

Ansiedad, den esencia, ta un contesta natural na stress y n'e menasanan percibi. E ta funciona como un sistema di alarma integra cu ta prepara nos organismo pa reacciona n'e desafionan. Sinembargo, ora cu ansiedad ta bolbe cronico of desproporciona encunto e situacion, por converti den un transtorno debilitante.

FORMA DI ANSIEDAD

Trastorno di ansiedad generalisa (TAG): E TAG ta caracteriza pa un preocupacion persistente y excesivo pa asunto cotidiano, hopi biaha sin un causa cla. E personanan cu TAG por experimenta sintoma fisico como inkietud, tension muscular y cansancio.

Trastorno di ansiedad social: E personanan cu ansiedad social tin miedo pa ta husga of humilia den situacion social. E miedo aki por ta asina intenso cu e ta hiba na evita e interaccionnan social, dificultando e relacionnan personal y profesional. *Trastorno di panico:* E atakenan di panico, oleado repentino y intenso di miedo, ta caracteriza e forma aki di ansiedad. E personanan cu trastorno di panico por tin miedo n'e recurencia di e atakenan aki, loke hopi biaha ta conduci na comportacion altera pa evita e situacionnan desencadenante.

Fobia specifico: Ta trata di miedo irracional na obheto of situacion specifico,

como e altura, rascamento of bula. E respons di ansiedad solamente ta desencadena ora cu nos ta enfrenta e fobia.

Trastorno obsesivo - compulsivo (TOC): TOC ta caracteriza pa pensamiento intrusivo persistente (obsesion) y comportacion ritual (compulsion). E ritualnan aki ta realisa pa alivia n'e angustia causa pa obsesion.

Trastorno di stress postraumatico (TEPT): TEPT ta surgi despues di e exposicion na un acontecimiento traumatico. Flashback, nachtmerrie y ansiedad grave ta sintoma comun. Por tin efecto profundo den e bida diario di un persona.

CAUSA Y FACTOR

Causa di e trastornonan di ansiedad ta multipel y por inclui e predisposicion genetico, e kimico cerebral y experiencia vital. E acontecimentonan traumatico, stress cronico y e cambionan importante den bida por desencadena of intensifica e ansiedad. Ta importante señala cu ansiedad no ta un señal di debilidad of fracaso personal, sino un interaccion di factor compleho.

IMPACTO DEN BIDA DI TUR DIA

Ansiedad por tin un impacto profundo den diferente aspecto di bida, manera trabao, relacion y salud fisico. Por provoca un caida di e productividad, relacion tenso y dolencia fisico manera dolor di cabes y problema gastrointestinal. Den caso grave, por ta paralisante y impedi hende sigui nan obhetivo y soño.

TRATAMIENTO Y APOYO

E bon noticia ta cu e trastornonan di ansiedad ta tratabel. Tratamiento eficaz ta inclui terapia (manera esun cognitivo-conductual), remedi y cambio den e estilo di bida manera ehercicio y control di stress. E sosten di amigo, famia y profesional di salud mental ta crucial den e proceso di recuperacion.

CONCLUSION

Ansiedad ta un emocion polifacetico cu ta afecta miyones di hende rond mundo. E ta manifesta den diferente forma y por tin un impacto significativo den bida di un individuo.

Compronde complehidad di e ansiedad, su desencadenantenan y e tratamentonan disponibel ta esencial pa kibra e cadenan di e malesa debilitante. Cu sosten y e tratamiento adecua, e personanan por recupera e control di nan bida y alivia di e carga di ansiedad.



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Di antemano nos ta gradici tur esnan cu ta celebra e fiesta di 50 aniversario di Sociedad di Orquidia Aruba hunto cu nos. Y nos ta mira otro dia 29 di october proximo.

NOS TA TOPA,
DIRECTIVA DI SOCIEDAD DI ORQUIDIA ARUBA

Exitoso asistencia di yenamento di belasting ta sigui na YMCA San Nicolas

Diamars 17 di October 2023 Partido AVP lo sigui brinda asistencia pa cu yenamento di formulario di Impuesto na e comunidad di San Nicolas na YMCA. For di 7'or te 9'or di anochi e team di boluntario di Partido lo ta presente na YMCA SAN NICOLAAS pa asisti e comunidad di San Nicolas cu yenamento di e formulario di impuesto 2022 (Inkomestebelasting).

Lider di Partido mr. Mike Eman lo ta presente tambe pa atende e comunidad cu otro temanan cu por tin tambe y pa scucha Pueblo di San Nicolas na YMCA hunto cu coleganan y boluntarionan Rene Herde, Mike de Meza, Mervin Wyatt Ras, Monica Oplaat, Dennerich Kelly, Wendrick Cicilia y Frits de Palm.

Desde e luna di September Partido AVP a inicia cu anochinan di asistencia pa cu yenamento di e formulario di Impuesto

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Centenares di ciudadano a bini Cas di Partido playa pa ricibi asistencia e ultimo simannan tras di lomba y centenares di formulario di impuesto a wordo yena. Partido AVP ta contento cu e reaccion di nos comunidad y ta intenta pa mehora e servicio cada aña pa asina por sigui asisti nos ciudadanonan.

Diamars awor, 17 di October Partido AVP lo sigui brinda asistencia pa cu yenamento di formulario di Impuesto na YMCA San Nicolas.

E documentonan necesario cu lo mester trece ta resumen di entradanan pa aña 2022 (Loonopgaaf), Carta nan di interes di hypotheek (APFA, FCCA OF BANCO), carta di interes di prestamo personal (BANCO, ISLAND FINANCE OF TOTAAL FINANCE), recibo of comprobante di gastonan extraordinario y adicional (CUIDO MEDICO, ESTUDIO y GASTONAN IRREGULAR) efectua den e aña 2022.

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E necesidad urgente di evalua pena imponi riba pedofiel



Den e ultimo añanan e preocupacion p'e reduccion di pena imponi riba persona condena pa pedofilia, a aumenta. Ta un cuestion inquietante cu ta afecta e curason di husticia y ta manda un mensahe desalentador n'e victimanan di e crimen teribel aki.

Durante demasiado tempo, tabata un bofta den cara di e victimanan y a impedi otro pa tribi di denuncia. A yega e momento di cambia y esaki ta cuminsa cu un yamada rotundo di accion.

IMPACTO RIBA E VICTIMANAN

E reduccion di e penanan imponi riba e pedofielnan ta manda sin duda un mensahe di angustia p'e sobrevivientenan di e actonan abomnabel aki. Ta un recordatorio doloroso cu e sistema hudicial, den algun caso, por ta no ta compronde plenamente e trauma duradero cu e victimanan ta carga cu nan. E falta di consecuencia aki por frena otro di denuncia y busca husticia, fomentando un cultura di silencio cu no ta haci nada otro sino perpetua e ciclo di abuso.

REEVALUA PENA

Ta ora di reevalua exhaustivamente e penanan imponi n'e pedofielnan. E gravedad di e delitonan aki, e impacto profundo cu e victimanan tin y e riesgo potencial pa sociedad ta exige guia di condena estricto y coherente. E sistema huridico mester duna prioridad n'e proteccion di esunnan

cu ta comete e delitonan ey ta enfrenta henter e peso di ley.

SOSTEN N'E VICTIMANAN

Paralelamente e endurecimiento di pena, mester renoba e compromiso di duna sosten n'e victimanan di pedofilia. E asesoramiento, terapia y e recursonan comunitario ta esencial p'e sobrevivientenan por reconstrui nan bida. Door di ofrece un sistema solido di apoyo, sociedad por anima e victimanan na denuncia y comparti nan experiencia sin miedo.

SENSIBILISACION

Por ultimo, un aspecto fundamental di e yamamento aki na accion ta e sensibilisacion. Nos mester esforsa pa crea un sociedad caminda cu no ta cumpli of cu e victima ta haya berguensa, sino pa anima nan pa busca ayuda y husticia. Un cambio cultural cu ta duna prioridad n'e bosnan y n'e bienestar di e victimanan ta un paso vital den e direccion corecto.

CONCLUSION

E penanan reduci p'e pedofielnan no ta solamente un preocupacion legal; nan ta representa un inhusticia grave cu ta afecta sociedad en general. Ta ora pa nos uni den e exigencia di husticia, di reevalua e direccion di imposicion di pena y di ofrece un apoyo inkebrantabel n'e victimanan. Adoptando un postura y bogando p'e cambio, nos ta pidi yuda na garantiza cu ningun victima keda sin husticia y clausura cu nan merece y cu e autor di e actonan asina teribel rindi cuenta pa nan crimennan. A yega momento pa actua.

Aruba Incense

CUMpra 3 HAY 1 GRATIS

Ofertanan riba cristalan selecciona! Den e temporada aki nos ta ofrece un oferta unico! Cumpra tres y haya un GRATIS!

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Minister Ursell Arends:

Riba 135 stakeholders invita pa prome Foro Nacional pa Adulto Mayor

Proximo siman lo tuma luga, pa prome biaha, un foro caminda varios entidad publico, semi publico y priva lo bini hunto pa contribui na defini loke ta bay ta e plan di manejo di Aruba pa cu adulto mayor. E encuentro ta un iniciativa di Ministerio di Asuntonan di Adulto Mayor hunto cu Banco di Seguro Social (SVB), Seguro Medico General (AZV), Fondo di Pension di Sector Turistico Aruba (PFTSA), Fondo di Pension General Aruba (APFA) y Organizacion di Pensionado Publico Arubano (OPPA).

Durante dos dia, casi 135 stakeholders invita, lo sinta pa haya presentacion, pero tambe dialoga pa fiha un manejo cu tur esunnan involvi den e bida y bienestar di adulto mayor. Di e manera aki kier pone un topico cu a negligia pa demasiado tempo, sac'e for di contexto politico y dun'e su importancia mereci pa produci un vision pa e proximo 10 aña cu tur hende ta di acuerdo cu ne.

“Mi ta kere cu como comunidad y gobierno di Aruba, nos debe esaki na nos adultonan mayor pa e Aruba cu nos a hereda awe y ta nos deber pa garantisa nan un bon calidad di bida awor cu nan a yega nan edad di pension,” asina Minister di Asuntonan di Adultonan Mayor, Ursell Arends a duna di conoce. Hunto cu su ekipo a scoge seis tema pa traha riba dje, esta movilidad, demografico, vivienda, cuido,



bienestar y representacion.

E mandatario a splica cu e ultimo ta uno importante ya cu fuera di e 3 mil pensionado for di sector publico cu ta representa pa OPPA, tin casi 18 mil pensionado di sector priva cu no tin ningun instancia pa defende nan interes. Esaki ta un tema cu sigur lo discuti durante e foro, segun Minister Arends. E conclusion y proyectonan cu sali for di e foro lo ta reparti riba corto y mediano plaso, caminda ta premira algun inicio tumando luga, ya caba, prome cu fin di 2023 y otro durante proximo aña.

Un ehempel di esaki ta e lista cu 600 adulto mayor wardando riba un vivienda. Durante e foro lo discuti e situacion, lo tende di e stakeholders correspondiente y hunto lo yega na posibel solucion. Fuera di esey, Gabinete Wever-Croes II ta promove un proyecto pa produci mas trahado pa e sector di cuido; un asina yama leerwerktraject caminda sector publico y priva lo uni forsa pa bin cu e sede, recurso y acreditacion pa estudiante core stage den area di cuido, administracion y alimentacion geriatrico y asina eleva e calidad di casnan priva di cuido.

E foro ta dianan diamars 17 y diaranson 18 di october proximo y ta exclusivamente pa stakeholders, sinembargo, Minister di Asuntonan di Adulto Mayor lo informa riba e manera con lo por sigui e desaroyonan di esaki a traves di diferente plataforma. Posteriormente, tambe ta organisa un Golden Age Expo den luna di november caminda lo brinda oportunidad na diferente stakeholder pa comparti informacion valioso cu e comunidad di adulto mayor riba e isla cu e meta di brinda servicio, pero tambe recluta miembro y boluntario pa servicionan cu ta na nan propio beneficio.



E veneno dushi:

E catastrophe sanitario cu ta na caminda

Sucu, e materia dushi aki, ta un alimento basico den nos dieta, pero su presencia excesivo tabata malo pa nos salud. E consecucionan perhudicial di e consumo di sucu a bin ta lanta preocupacion, tanto entre e expertonan di salud, como entre e consumidornan. Den e informe aki, nos lo profundisa den e impacto di sucu den nos bienestar y pakico ta crucial actua cu cuidao n'e tentacion dushi aki.

1. AUMENTO DI PESO Y OBESIDAD

E relacion di sucu cu aumento di peso y obesidad no ta un secreto. Co'i dushi cu ta tenta nos gusto sa contene un exceso di calorìa y falta di nutriente esencial. E desbalansa aki ta conduci na un consumo excesivo y ta contribui na obesidad, cu ta un conocido factor di riesgo di malesa di curason, diabetes y cierto tipo di cancer.

2. DILEMA DI DIABETES

Un dieta rico den sucu ta un factor importante di diabetes tipo 2. E ta haci cu nos nivelnan di sucu den sanger ta un rollercoaster. E ta hiba nos nivelnan di sucu den sanger na un rollercoaster cu, den un ultimo instante, ta provoca e resistencia na insulina. E

condicion aki ta deteriora e capacidad di e curpa pa regula sucu den sanger, haciendo mas probabel e aparicion di diabetes.

3. PROBLEMA DENTAL

E daño di sucu no ta limita n'e salud interno. E consumo di alimento y bebida cu sucu ta alimenta e problemanan di salud bocal, manera caries y e malesanan n'e encianan. E bacterianan di nos boca ta prospera cu sucu, produciendo acido cu ta dañe e esmalte dental, habriendo paso pa caries y otro malestar dental.

4. PROBLEMA DI CURASON

E malesanan di curason ta otro resultado alarmante di e dietanan carga cu sucu. E consumo halto di sucu ta contribui pa hisa e presion di sanger, inflamacion y e profielnan di lipido poco saludabel, loke ta culmina den un mayor riesgo di problema relaciona cu curason.

Mientras cu e dushi veneno ta sigui infiltra den nos dieta, ta imperativo ta consciente di e sucunan scondi den alimento y bebida procesa.

Door di opta pa alimento integral y no procesa y reduci e consumo di sucu añadi, e personanan por tuma decision mas saludabel pa mitiga e daño cu sucu por causa n'e salud, promoviendo e bienestar general y vitalidad.



PASEO HERENCIA

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- **RECLINING SEATING**
- **LASER PROJECTION**
- **7.1 DOLBY SOUND**
- **RESERVED SEATING**
- **ONLINE TICKETING**
- **CONCESSION AND DELI**

Celebracion 50 aniversario di Sociedad di Orquidia Aruba



Sociedad di Orquidia di Aruba ta invita tur amante di orkidia pa bin celebra hunto cu su miembro nan 50 aniversario di Sociedad cual lo tuma luga: **Fecha:** Diadomingo dia 29 di october 2023

Luga: Aruba Marriott Resort & Stellaris Casino - Ballroom

Orario: 10:00 – 17:00 (ta aprecia si por ta presente prome cu 9.45)

Trahe: Caribbean Elegance

Informacion di nos celebracion:

Lo bay tin un stage decor, den un forma di exposicion, di orkidia di miembronan di Sociedad y premiacion di orkidia.

Lo bay tin tres (3) invitado special cu lo tene un charla:

- Sr. Merrill Robles, miembro honorario di Sociedad di Orquidia Aruba.

Topico: “50 aña di Sociedad di Orquidia Aruba”.

- Sra. Andrea Niessen di Orquivalle, Colombia.

Topico: “The beauty and diversity of Colombian Orchids”.

- Sr. Adeljean Ho, Orlando, Florida.

Topico: “Ora Brassavola ta baila’bo: when taxonomy swings you around unexpectedly”.

Mainta tin koffie y pasa boca y merdia

lo sirbi lunch entre 12.00-13.00pm. Ta bay tin diferente door prize y lo clausura e celebracion 15.00 cu un Happy Hour.

Registracion:

No ta suministra ticketnan pa nos celebracion. Registra via nos e-mail adres: orquidiaaruba@gmail.com of manda whatsapp of yama nos via telefon 6614983. Ta cobra AWG 90,--/USD 50,-- pa persona pa entrada y por paga esaki via banco. Informacion di banco: Sociedad di Orquidia Aruba, Aruba Bank, number di cuenta 2076240190, descripcion: 50 aniversario. Menciona bo nomber y fam.

Di antemano nos ta gradici tur esnan cu ta celebra e fiesta di 50 aniversario di Sociedad di Orquidia Aruba hunto cu nos. Y nos ta mira otro dia 29 di october proximo.

Benta publico di orkidia

Sociedad di Orquidia Aruba kier a informa e pueblo di Aruba en general y particularmente e amante di orkidia, cu lo bay tin un benta publico di orkidia procedente di Colombia. Meta di esaki ta pa cubri gasto y tur aña Sociedad ta haci un donacion na comunidad.

Esaki lo tuma luga diabierna dia 27 di october 2023, cuminsando di 5.00pm pa 8.00pm na Club Primavera.

Orquivalle, procedente di Santiago de Cali, Colombia ta ofrece un surtido amplio di Species y Hybrids.

Lo bay tin e.o. bunita Cattleya, Encyclia, Laelia (Schomburgkia), Oncidiums, Vanda, Maxillaria, Gongora, Stanhopea, Dendrobiums y diferente cruce di Brassavola y mucho mas. Tur orkidia ta pa clima calor.

Si por paga na \$ Sociedad lo aprecia esey.

NOS TA SPERA BO.



Landa pa controla peso:

Duik den e beneficianan, e 'backdrop' perfecto di Aruba



Den e buskeda di un control di peso eficaz, landamento ta lanta como un potencia entre e rutinanan di fitness. E ta un ehercicio holistico cu ta ofrece un multitud di beneficio, pa cual cu e ta un opcion convincente p'e personanan cu ta busca pa deshaci di e kilonan ey dimas.

Fuera di esey, e backdrop impresionante di Aruba, cu su beachnan virgen y awa cristalino, ta proporciona e ambiente perfecto p'e landadonan embarca den nan biahe di fitness.

E PODER DI LANDAMENTO PA CONTROLA PESO

Landamento ta algo mas cu un actividad di recreacion; ta un entrenamiento dinamico di henter e curpa cu ta involvi varios grupo muscular simultaneamente. E ehercicio integral aki ta kima caloria y ta contribui n'e perdida di peso. Pia, brasa, pecho y e lomba ta hunga un papel fundamental den e proceso aki, loke ta converti landamento den un regimen di fitness completo.

POTENCIAL PA KIMA CALORIA

Un di e principal bentahanan di landamento ta su capacidad pa kima caloria. Dependiendo di e intensidad y e duracion di landamento, por kima un cantidad considerabel di caloria. E ehercicio aki ta un medio convincente pa crea un deficit calorico, cu ta esencial pa controla y reduci peso.

LOW IMPACT Y JOINT FRIENDLY

Landamento tin un bentaha riba e ehercicionan di low impact, manera core, debi na su naturalesa di impacto abao (low impact). E cualidad aki ta haci cu e ta un opcion adecua p'e personanan cu problema na nan joints y esunnan cu ta

busca pa preserva e salud di su jointsnan a lo largo di su biahe di fitness.

BACKDROP PINTORESCO DI ARUBA

Manera cu e beneficianan di landamento no tabata suficientemente atractivo, e isla di Aruba ta ofrece un backdrop magnifico p'e landadonan. Cu su beachnan virgen y awa cristalino, e paraiso Caribeño aki ta ofrece e escenario perfecto p'e amantenan di landamento. E abraso calmante di lama Caribe y e paisahe trankil ta inspira e landadonan un enfoke pa sigui cu su buskeda di control di peso.

UN ENFOKE HOLISTICO DI SALUD

E bentahanan di landamento ta bay mas leu cu e simpel kimamento di caloria. E ehercicio aki ta fomenta tonificacion muscular, e aptitud cardiovascular, e flexibilidad y e reduccion di stress. Tambe por aumenta e capacidad pulmonar, regula miho e apetit y mehora e bienestar psicologico. Si e ta complementa cu un dieta balansa, landamento por ta un componente integral den un enfoque holistico di salud y e control di peso.

Pa esunnan cu ta pensando den e luga perfecto pa landa como strategia di control di peso, e paisahe cautivador y e awanan ideal di Aruba ta convirtie den un destino hopi atractivo. E ambiente trankil di e hoya aki di Caribe ta anima e personanan pa duik den su biahe di fitness mientras cu nan ta rondona pa beyesa natural.

Ta un recordatorio cu, tin biaha, e ambiente perfecto por marca e diferencia den e buskeda di un estilo di bida mas saludabel y mas activo.

Probecha e poder di yerba natural pa un sueño reparador

DEN e mundo lihe actual, e buskeda di un soño reparando por parte tin biaha un soño difícil di alcanza. E exigencianan di bida moderno, hunto cu stress y ansiedad, hopi biaha nos ta dal buelta riba cama, buscando desesperadamente e descanso. Sinembargo, naturalesa ta ofrece nos un solucion suave den forma di yerba natural.

Esaki ta remedi botanico di eficacia purba ta ofrece un enfoque holistico pa mehora sueño, aliviando tanto mente como curpa. Den e articulo aki, nos ta explora e ciencia tras di con yerba por promove sueño y discuti algun di e opcionnan mas eficaz.

1. CALMA E TORMENTA

Un di e forman principal cu e yerbanan ta faborece soño ta a traves di su propiedadnan calmante. Yerba manera manzanilla, lavandel y valerian, ta venera durante hopi tempo pa su capacidad pa reduci ansiedad y stress, dos culpabel comun tras di e anochinan di insomnio (falta di drumimento). E yerbanan aki ta contene composicion cu ta actua como sedante natural, impregnando suavemente e mente pa un estado di tranquilidad.

2. E CONEXION CU SEROTONINA

Serotonina, hopi biaha conoci como neurotransmisor di “bienestar”, ta hunga un papel crucial den e regulacion di nos ciclonan di sueño-vigilia. Stress por reduci e nivelnan di serotonina, alterando nos capacidad pa concilia sueño y keda drumi. Pa suerte, algun yerba ta bin al rescate. E yerbanan rico den triptofano, similar n’e famoso efecto inductor di siesta di e calacuna despues di Thanksgiving, ta facilita e sintesis di serotoninon. E impulso biokimico aki ta yuda compensa e desbalansenan kimico hopi biaha asocia cu insomnio.

3. RELAHA E MUSCULONAN, ALIVIA E TENSION:

Tension fisico ta otro obstaculo riba e caminda pa un soño reparador. Yerba manera pasiflora of passionflower na Ingles y melisa of lemon balm, ta posee propiedad relahante muscular, cu por alivia e manifestacionnan fisico di stress y ansiedad. Ora cu bo musculonan ta relaha, nan ta cay den un soño ta converti den un biahe mas suave of smooth.

4. BALANSA E RITMONAN CIRCULAR

Nos holoshi corporal interno, conoci como ritmo circadiano, ta dicta nos ciclo di sueño-vigilia. E alteracionnan di e balansa delicado aki por causa tardansa den nos patronchi di sueño. Ta kere cu e yerbanan adaptogeno manera ashwagandha of askruid na Hulandes, ta yuda regula e ritmo circadiano, yudando establece un orario di sueño consistente.

5. COMBATI INSOMNIO DI FORMA NATURAL

Insomnio, un trastorno comun di soño, por ta un tormenta



persistente. Den e caso aki, yerba manera reis di valerian ta converti den aliado confiabel. Uza durante varios siglo pa combati insomnio, por mehora e calidad general di sueño y reduci e tempo cu ta tarda pa concilia sueño.

CONCLUSION

Den e buskeda di un soño reparador, naturalesa ta ofrece un solucion suave y ancestral mediante uzo di yerba natural. E maraviyanan botanico aki ta posee propiedad calmante ta stimula e produccion di serotonina, ta relaha e muscilonan tenso y ta regula e ritmo circadiano. Aunke hopi di e yerbanan aki sa ta sigur, ta consehabel consulta un profesional di salud prome cu incorpora nan na bo rutina di soño, vooral si bo tin problema di salud of bo ta bebiendo remedi.

Fuera di esey, corda cu remedi herbal mester complementa e bon practicanan di higiena di soño, manera mantiene un orario di soño constante y crea un ambiente comodo pa drumi. Cu e yerba y e custumbenan adecua un anochi di soño reparador por converti den un realidad den nos bida druk.

Fortaleza pa Famia

Respet pa Dios, y pa bo prohimo

RESPET no ta keda na palabra solamente, pero e ta un gran hecho humano, den cual educacion ta wordo demostra den gran forma. Respet ta bini di Dios, un cas sin respet no por keda para riba su pia, un mucha sin respet awe, ta un hende grandi sin caracter y integridad mañan. Un matrimonio sin respet pa otro ta riba caminda di separacion. Den tur cos respet mester t'ey, sea bo no ta di acuerdo cu otro pero mantene respet, pa otro pasobra dilanti di Dios nos tur ta igual.

Pa falta di respet accidente ta tuma luga, wak den trafico cuanto falta di respet ta tuma luga, un hende ta core auto irresponsabel, provocando otro, y asina causa accidente.

E falta di respet creciente ta un preocupacion hopi grandi, pasobra caminda no tin respet no tin crecimiento.

E plan di diabel ta pa falta di respet aumenta barbaramente, y asina causa caos den famia, matrimonio y den sociedad.

Pasobra un hende cu no tin respet pa Dios y tampoco pa su prohimo, ta un persona cu ta biba den un scuridad profundo, y asina e enemigo ta coy e bentaha den su bida.

Falta di respet ta hiba hende na inmoralidad, caminda nan ta pensa cu tur cos por y cu nada no ta bini afo, pasobra mi por haci locual cu mi kier, pero den bista di Dios no ta asina.

Den tur bida parandero y mediocre, falta di respet ta hunga e rol principal, caminda tin impuresa, orguyo, perversidad y arogancia falta di respet ta sinta riba un trono.

Bo tabata sa cu yegamento laat cada rato ta un falta di respet, y cu esey bo ta demostra cu bo no ta balora locual cu bo ta bay haci, ni tampoco e persona cu bo ta bay topa cu ne.

Respet den cas di Dios, ta algo primordial, yega na tempo pa alaba Dios, ta un gran bendicion pa nos bida, pasobra esey ta demostra cu nos no ta trata Dios con cu ta.

Bisti decente tur momento, y specialmente den cas di Dios, ta demostra respet y temor di Dios, y cu nos ta balora nos curpa, cual ta tempel di Dios, pasobra e Spirito di Dios ta biba den dje.

Tur mucha cu wordo lanta sin respet, ta un cosecha di dolor pa nan mayornan na grandi, pero tambe ta un golpi pa comunidad, pasobra e no por duna e bondad locual ta spera di dje.

Pasobra hende cu no tin respet ta festeha den nan engaño, keriendo cu e Palabra di Dios no ta pa nan y na ta sigui gaña nan mes y wordo engaña, pasobra caminda cu no tin respet e Spirito di Dios no t'ey.

Un persona sin respet cu ta biba den pica, no por coregi otro, pasobra e no por duna ehempel na otro pa haci bon, mientras cu den scondi e no kier bandona su susedad (Proverbionan 30:12).

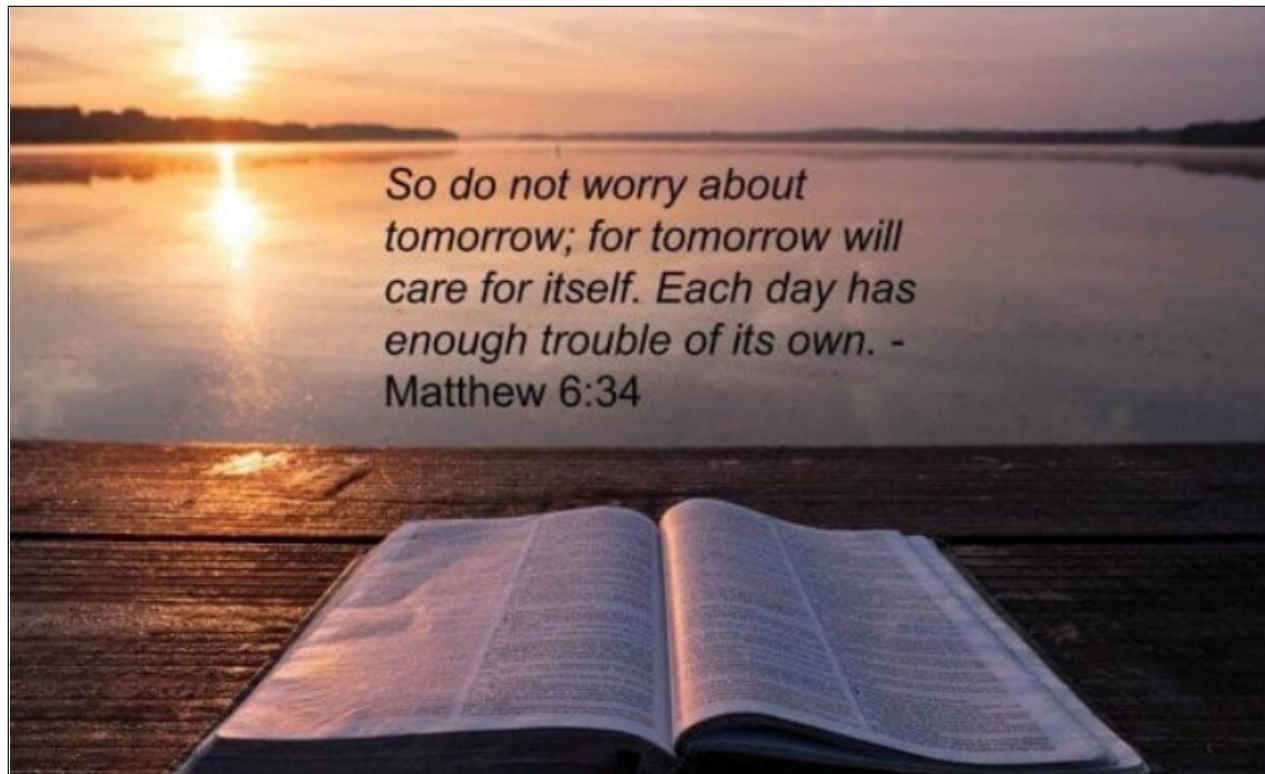
Bendiciona ta e hende cu semper tin temor, ma esun cu haci su curason duro lo cay den calamidad (Provernionan 28:14).

Esun cu ta reprende un hende, despues lo haya mas aprecio, cu esun cu ta labia cu su lenga (Proverbionan 28:21).

Ta deseo di Dios pa tur hende wordo salba, y yega na conocimiento di e berdad. Pasobra ta un Dios so tin y un Mediador tambe entre Dios y hende, e Hende Cristo Hesus (1 Timoteo 2:4-5).

Respet pa Dios y pa nos prohimo, ta trece bendicion tur caminda, pasobra Dios ta amor y den dje no tin nada, nada di scuridad.

Sinceramente, Pastor Marcel Balootje



Bancarib Real Insurance Aruba VBA

Bancaribe Real Insurance Aruba VBA ta anuncia fayecimento di:



Sr. Evidencio (Codan) Kock
*28-04-1939- +07-10-2023

Na bida tata di nos director Ryan Kock

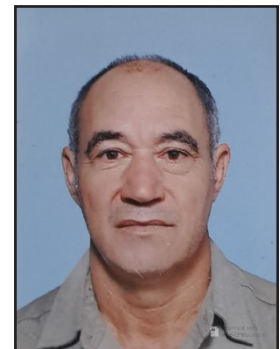
Acto di entierro lo tuma lugar dialuna 16 di october 2023 na Pray Funeral Home for di 2'or pa 4'or di atardi.
Despues lo sali pa Santana Central na Sabana Basora.

Na nomber di Hunta di Directiva di Bancarib Real Insurance Aruba VBA ta desea Sr. Ryan Kock y demas famia hopi forza den e momentonan dificil aki.

Cu Sr. Evidencio (Codan) Kock, sosega na paz.

“Lagrima y floran por seca,
su recuerdonan y tur loke e la haci y significa
pa nos lo keda graba pa semper den nos mente y
curazon”

Pa medio di esaki nos ta participa fayecimento di
nos querido:



Manuel Jose

*21-01-1954 - †13-10-2023
Esposa: Rosa Maria Alves de Jose

Yiunan:

Elisabete y Alexis Linares
Fatima Da Silva y Junior Diaz Perez
Deysy Carolina Jose y Entshar Richardson

Nietonan:

Joelis Eckardt y Geryenne Lacle, Jorge Manuel y
Agape Eckardt, Elayza Eckardt, Aleska linares,
Jose Manuel Da Silva y Melaney Kock, Leandro
Da Silva, Xendric Lopez, Luna Sophia Haayen,
Jonathan Osuna y Kimberly Avalos, Analicia Osuna
y Adrian Tromp

Bisanieta: Ishmael Eckardt

Manera Yiunan: Paula Alves, Yanet Diaz, Veronica
y Joel Finol, Anahixa Flores

Manera Nietonan: Dalymar y Anton Jacobs,
Anamar Figueroa, †Luisangel Figueroa

Famia y Amistades cercano:

Sra. Mary (Mamaita) de Castellano, Louis y Claudia
Haayen, Andres y Juan David Haayen, Hendric
Lopez Herrera, Toribio y Antonia (Tona) Vrolijk,
Nancy Verberne Pantoja, Yasmin Mujica, Rignald
Tromp y famia, Bilhim Rodrigues, Cecilia Morales,
Roselin Peña y famia, Luis Quevedo, Tico Colina,
Robinson Thomas

**Rumanan, Sobrinos y demas famia Jose y Da
Silva Alves na Portugal**

Demas Famia, Amistades y Bisiñana:

Eckardt, Arcia, Dumfries, Martina, Paesch, Diaz
Perez, Gomes Da Silva y Famia Mendes na Merca

Ex Coleganan di Adventure Golf.

Nos disculpa si den nos tristeza nos por a lubida
cualquier persona.

Ta invita tur amigo bisiña y conocirnan pa asisti na e
condolencia y despedida cual lo tuma lugar **Dialuna
16 di Oktober 2023** di 7'or pa 9'or di anochi na Ad
Patres funeral home & crematorium San Nicolas.
Acto di cremashon lo tuma lugar den ceno familiar.

Staff y personal di Ad Patres funeral home &
crematorium ta extende nos mas sincero condolencia
na famia di e fayecido.



“Señor ta mi wardador, mi'n tin falta di nada
Den cunucu di yerba berde e ta ponemi sosega.
E ta hibami na awa frankil, Pa mi bolbe haña forza”.
Salmo: 23

Nos ta anuncia fayecimento di:

Evert Cornelius Hijmering

*31-07-1940 - †12-10-2023

Acto di entierro lo wordo anuncia despues.



“Señor ta mi wardador, mi'n tin falta di nada
Den cunucu di yerba berde e ta ponemi sosega.
E ta hibami na awa frankil,
Pa mi bolbe haña forza”.
Salmo: 23

Nos ta anuncia fayecimento di:

Andrés Roberto Ras

*04-01-1947 - †09-10-2023

Acto di entierro lo wordo anuncia despues.



"Dios ta amor... y amor ta Dios,
maske mi no ta na e mundo aki, tur dia lo mi
ta banda di boso Curazon, mi por stens di
loke Señor ta hasi"
Salmo 33

Cu dolor na nos curason, nos ta participa
fayecimento di nos ser stima:

Nelson E. Thodé
Cariñosamente yama "Sonny"
*18-12-1961 - †11-10-2023

Na number di su:
Esposa:
Mariana Thodé - Del Villar

Yuinan:
Emanuël Thodé y Melitsa de Cuba
Nathalie Thodé y Amir El Jabakhanji

Yuinan di criansa:
Franchesca Gracia Del Villar y Anand
Bhageloe
Lisette Garcia Del Villar y Freddy Velarde

Nieto(a)nan:
Nathaniël van der Biezen, Dainalie El
Jabakhanji, Damir El Jabakhanji, Amelia
Thodé, Alexis Garcia, Romeo Garcia & Emily-
Jane Koeken.

Ruman:
Robert y Netty Thodé y famia
Norman y Roxan Thodé-Ponson y famia

Ruman di criansa:
Carolina (Lienchi) Thodé y famia

Subrino(a)nan:
Alfan Thodé, Sulis Thodé, Levi Thodé, Ismael
Thodé, Esmeralda Breur-Thodé, Naomi
Thodé & Simon Thodé

Iha:
Deyanira Solognier-Henriquez y famia

Swa y Cuñanan:
†Ramona Kelly-Del Villar y famia
Josefina Henriquez Del Villar y famia
Bienvenido Montero Del Villar

Mama di subrino(a)nan:
Sjoukie de Boer-de Rooij

Primo(a)nan, amigo y conocirnan,
bisiñanan, demas famia na Corsou, Bonaire
y Hulanda.

Ta invita pa acto di despedida cu lo tuma
lugar **diamars dia 17 di Oktober 2023** na
Pray Funeral Home na San Nicolas di 7or pa
9or di anochi.

Acto di cremashon lo tuma lugar den seno
familiar.

Despues di cremashon no ta ricibi bishita di
condolencia na cas.

Nos disculpa si den nos tristesa nos pora
lubida cualkier persona.



Cu nos curason kibrá, pero conforme, nos ta
anuncia cu e Pilar,
nos Chief y The Rock of our family a bay sosega
den brasa di Señor.

Overtó
Leovigildo Ponson
Mihor conoci como Ildo of Buti
Ex Representante di K.L.M.
16 Sep 1930 – 13 Oct 2023

Su casa:
Emma Ponson-Oduber

Yiunan:
Ulrich y Adriana Ponson-Leong
Nathalia Ponson
Madeleine Ponson

Manera yiu:
Jeanette Oduber
Araceli Somers-Colín

Nietonan:
Rudolf y Jennifer Ponson-Perez
Marc y Rossy Ponson-Kelly
Uriana Ponson y Jeremy Thijzen
Ricky Ponson
Gilden y Celia Wever-Sousa
Amy Ponson y Destiny Humphrey

Manera nietos:
Gregory, Jeorgina, Jeorgelies y Jeffrey
Maduro

Bisanielos:
Maddox, Emma, Mackenzie, Duncan,
Kaylie y su pret'i wowo Lina.

Rumannan:
Sybilla Brattinga-Ponson na Hulanda
Milton (Michi) y Emmy Ponson-Willemsse

Cuñá:
Edwin (Winchi) Oduber na Corsow
Geraldine y Eliseo Colín-Oduber na Mexico

Bon bisinjanan: Roy y Sara Maduro y famia

Sobrino y Sobrina:
Van Romondt, Oehlers, v/d Laar, Alberts
Brattinga, Ponson, Oduber, Laclé, Colín.

Primo y primanan y demas famia

Acto di entierro lo tuma lugar **Diamars 17**
Oct entre 2or pa 4or na Aurora Funeral
Home.

Lamentablemente, despues di entierro no lo
ricibi bishita di condolencia na cas.

En bes di krans of flor por hasi un donación
den number di defunto, según preferencia,

Stichting Edmund E. Harms Foundation:
RBC 3044432
Of
Koningin Wilhelminafonds: AUAB 2611450190
– CMB 112039705 - BCARIBE 80710901



"Señor ta mi wardador, mi'n tin falta di nada
Den cunucu di yerba berde e ta ponemi sosega.
E ta hibami na awa trankil,
Pa mi bolbe haña forsa".
Salmo: 23

Nos ta anuncia fayecimento di:

Shamila Sophia
Acuña Guede
"Mila"

Na number di su:
Mama: Stace Marleana Acuña Guede

Rumannan:
Shamara Susej Creeze
Shanaya Salomé Acuña.G.

Welo nan: Ormarle y Stith

Omo: Saul Tomas Acuña. G.
Alex Fabian

Primo nan:
Tatiana y Stephanie Acuña Rojas
Kelly, Angy y José Campo

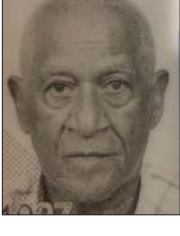
Tanta: Raymil Fabian

Amigo y amiganan: Iglesia Siòn

Demas famia: Amaris, Lugo, Croes, Mercado,
Rodríguez, Acuña, Campo, Guede, Medida, De
Mei.

Despensa nos si den nos tristeza nos por a lubida
un of otro persona.

Acto di entierro lo tuma lugar na Aurora Funeral
Home **Dialuna 16 di October 2023** di 1or pa 2or
di atardi y despues lo sali pa santana Central na
Sabana Basora.

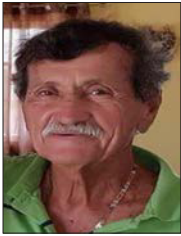


The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures:
he leadeth me beside the still waters.
He restoreth my soul: he leadeth me in the
paths of righteousness for his name's sake.
Yea, though I walk through
the valley of the shadow of death,
I will fear no evil: for thou art with me;
thy rod and thy staff they comfort me.
Psalm 23

With deep sympathy we announce the
passing away of:

Herman A. Lovell
Better known as: "Daddy"
Sunrise: October 21, 1927
Sunset: October 13, 2023

Date of the funeral will be announced later.



"Laga tur locual cu ta sperami ta bunita,
Laga tur locual cu mi encontra na caminda ta bunita,
Laga tur locual cu ta rondonami ta bunita,
Laga tur locual mi ta laga atras keda bunita,
Y laga tur esakinan termina den tur buniteza."

Cu profundo tristeza na nos curazon pero hopi
agradecido pa locual el a significa pa nos, ta anuncia
fayecimento inespera di mi esposo, nos tata, nos
abuelo, nos ruman, y nos omo.

Harry Croes

*15 october 1948 † 10 october 2023

Na number di su

Esposa:

Ligia Croes Solognier

Yiunan:

Jairo Croes y Josette Donk

Jessica Croes

Mirla Croes

JeanCarlos Arends y Esposa Gisela Arends

Nietonan y Nietanan:

Davyck Franken y Ghennylee Tromp, Darwin Franken y
Shakira Dijkhoff, Kevin Tromp, Keylah Tromp, Jeancarlo
Arends, Jordy Arends

Arianna Espinosa Jimenez y mama Angelica Maria

Espinosa Jimenez

Jo-Nina Croes

Rumannan:

† Chido y † Lulu Croes- Schlipken y Famia

† Nicolina y † Coco Werleman-Croes y Famia

† Susanna y † Ishi Maduro – Croes y Famia

† Carmen y † Casper Kunfermann – Croes y Famia

† Stella y Tai Fung Lee – Croes y Famia

Jacinto y Dora Croes Croes y Famia

Erna y † Eddy Hoevertsz – Croes y Famia

Filomena Croes y Famia

Maiky Croes y Famia

Anchie Croes y Famia

Eta y Roy Curiel - Croes y Famia

Glenda y Gilbert Jansen - Croes y Famia

Ruman di Crianza:

Vda. Cornea y † Chimbo Biesum - Croes y Famia

Bibiano Croes y Famia

Swa y Cunanan: † Carmen Solognier, Buchi y Soila
Solognier – Barraza, † Fay y Shirley Solognier - Maduro
y Famia, Diji Solognier y Famia, Leo y Mary Solognier y
Famia, Beto Solognier y Famia, Omayra y Peo Kock –
Solognier y Famia, Pancho y Mayra Solognier – Wever
y Famia, Alba Solognier y Famia, Zoyla y Junior Croeze
– Solognier y Famia

Tanta y Omonan, Tur Sobrino y sobrinanan Primo y
Primanan, ihanan, comer y compernan, Amistad y
conocirnan y bisinanan. Su amigonan di domino y
mundo di deporte y Famia di MEP, ex-coleganan di
Prensa, amigonan musico, Festival di Dande y Festival
"Un Canto na Aruba su Himno y Bandera"

Su bon amistadnan di cas: Jose Julca, esposa Paula
y Jui Alejandro, Sra. Nelly Garido, Pastoor Juancho
Pilongo, Lisette Does y Jayson Gomez, Victoria Razak
Cole y Esposo Sam, Paula Engelen

Demas Famia: Croes, Solognier, Werleman, Maduro,
Kunfermann, Schlipken, Hoevertsz, Lee, Curiel, Jansen,
Feliciano, Flanegien, Franken, Biesum, Justina, Arends,
Croeze, Vrolijk, Thode, Wever, Kock, Barraza, Donk,
Dijkhoff, Tromp, Espinoza – Jimenez.

Oportunidad pa condolencia lo ta diadomingo dia 15
october 2023 for di 6or pa 9or na Club Caiquetio na
paradera

Ta invita pa asisti na acto di despedida cual lo tuma
lugar **dialuna 16 di October 2023** di 9or pa 11or di
mainta na Misa Imaculada Concepcion. Cremashon lo
tuma lugar den seno Familiar.

Nos ta pidi nos disculpa si den nos tristeza nos por a
lubida un of mas famia.

Despues di entierro no ta ricibi bishita di condolencia na
cas



Señor ta mi wardador, mi'n tin falta di nada
Den cunucu di yerba berde e ta ponemi sosega.
E ta hibami na awa frankil,
Pa mi bolbe haña forsa".
Salmo: 23

Cu dolor na nos curason, pero conforme cu
boluntad di Dios, nos ta anuncia fayecimento di:

Evidencio (Codan) Kock

*28-04-1939 – † 07-10-2023

Na number di su

Mayornan:

† Augustin y † Chela Kock Bislip

Yiunan:

David & Paola Kock

Ryan Kock

Nietonan:

David Jr, Daniel, Noa, Zenon, Danissa y Mateo

Rumannan:

Emitelio (Mito) y Olga Kock Romero y famia

† Reinita (Rei) y † Mario Boezem Kock y famia

† Andres (Deshi) y † Rita Kock Croes y famia

Ursula (Sula) y † Sonny Henry Kock y famia

Leopoldo (Poli) y † Angelica Kock Jansen y famia

Helena Kock y yiunan

Mario (Keki) y Maria Kock y famia

Nicolas (Tichi) Kock y famia

Edmund (Etty) y Rosa Kock Maduro y famia

Alberto (Betty) y † Imelda Kock Tromp y famia

Su ayudantenan te na final:

Sobrina Elvira y Ruben der Meer Kock y famia

Sobrina Glenda y Nancy Bartels Kock y famia

Tur su sobrina y sobrino nan, prima y primo nan,
mucho hopi pa menciona

Tur bisinja y conocirnan, amiga y amigo nan na
Aruba y Hulanda

Famianan: Kock, Bislip, Croes, Solognier, Fabus,
Peña, Genser, Trimon, Boezem, Leon, Marchena,
Geerman, Faro, Maduro, Faarup, Wever, Bislick,
Glassford, Bartels, Danje, Martines y Wernet

Tur sobra di famia y conocir cu nos por a lubida
den nos tristesa

Acto di entierro lo tuma lugar **Dialuna 16 di
October 2023** di 2or pa 4or di atardi na Pray
Funeral Home y despues lo sali bai pa Santana
Central na Sabana Basora.



"Dios ta amor... y amor ta Dios,
maske mi no ta na e mundo aki, tur dia lo mi ta banda
di boso Curazon, mi por stens di loke Señor ta hasi". -
Salmo 33

Cu hopi tristesa pero conforme cu boluntad di Dios nos
ta anuncia cu a bay sosega den brasa di Señor:

Germain Charles Emmanuel Halley

*26-07-1931 - †12-10-2023

Acto di entierro lo wordo anuncia despues.



"Señor ta mi wardador, mi'n tin falta di nada.
Den cunucu di yerba berde e ta ponemi sosega.
E ta hibami na awa frankil, pa mi bolbe haña forsa."
Salmo 23

Cu inmenso tristesa pero agradecido pa tur locual e la
significa pa nos, nos ta anuncia fayecimento inespera
di nos ser keri, Nos ruman, casa, tata, subrina, welo,
omo y primo stima

Apolinario Tromp

Mihor conoci como "Tony"

* 23-07-1941 - † 09-10-2023

Navegante riba barco, ex-empleado di Waf na Playa
y na Hulanda conciërge di buurthuis De Vlieger.
Miembro di Centro di Bario Playa Pabou 60+.
Cantante di coro La Escala.

Na number di su

Estimado Mayornan: †Tata Abelino Tromp

†Mama Maximina Velasquez

Casa: † Mirta Violeta Tromp-Schotborg

Yiunan: Jos (Linke) y Lisette Tromp

Gwendolyn Tromp

Nietonan: Milangelo, Gwengelique, Joshua, Jordan,
Justin, Richela, Gisela y Gi-Yahno

Yiunan di criansa: Alesig Croes

Eliza Croes

Rumannan: Maria y Libia Velasquez - Uribe y famia

Mena y yiu Gustavo Velasquez y famia

†Rudy y Rufina Tromp-Kelly y famia

Maria Maduro-Tromp y famia

Anchie y Edwin Maduro-Tromp y famia

Andres y Lichie Tromp y famia

Mario y Elsa Tromp y famia

Tanta: Lina Tromp y famia

Swanan: † Jorge Schotborg y famia

Lucio y Edna Schotborg y famia

Carlos y Carmen Schotborg y famia

† Jaime Schotborg

Cuñanan: †Gisela Schotborg y famia

Maria Schotborg y famia

Barbara y Etienne Petit y famia

Josefina Schotborg

Comer stima: Claverina Pourrier-Tromp y famia

Sobrino y Sobrinanan stima na Aruba, Boneiro, Corsow
y Hulanda.

Primo y Primanan stima na Aruba y Hulanda.

Ihanan stima na Aruba, Corsow y Hulanda.

Comernan y compernan na Aruba, Boneiro, Corsow y
Hulanda. Bon bisiñanan.

Tur bon amigonan y amiganan na Aruba, Corsow,
Boneiro, Colombia, Hulanda y Merca.

Tur bon bisiñanan y miembronan di coro La Escala.

Y demas famia, amistades nan y conocirnan:

Velasquez-Tromp-Schotborg-Petit-de Mey-Croes-
Martis-Urbe-Pourrier-Naveda-Falbru-Zara-Lee- Meyers-
Jaramillo Gutierrez-Reyes-Every-Lampe-Acosta-
Alexander-Alvarez-Angela-Aparicio-Arends-Boyé-
Casiana-de Cuba-Dania-Vingal-Diaz-Elizabeth-Erkens-
Flanegin-Franken-Fos-Garrido-Gonzalez-Gomez-Gustina-
Hart-Hellement-Hoek-Holsman-Host-Inocencia-Irausqui-
n-Kelboom-Laclé-Lak-Maduro-Marin-Martis-Marquez-
Mejia-Morales-Nadort-Nieuwkerk-Odor-Quandus-Reyes-
Richards-Richardson-Roys-Saragoza-Slagmolen-Sofia-T-
homas-Van der Blonk-Willems.

Ta invita tur famia, amigo, bisiña y conocirnan pa asisti
na e acto di entierro cual lo tuma lugar **dianan 18 di
oktober 2023** di 2.00- 4.00 P.M. saliendo for di Misa Pro-
Catedral San Francisco na Playa pa Santana Catolico
den Caya Ernesto Petronia.

Acto di despedida lo tuma lugar diamars 17 oktober
2023 di 7.00- 9.00 P.M. na Aurora Funeral Home.

Nos ta lamenta cu despues di entierro nos no por ricibi
bishita di condolencia na cas. Nos ta pidi nos disculpa si
den nos tristesa nos por a lubida algun famia.

32

**ISRAEL PREPARES FOR
“SIGNIFICANT MILITARY
OPERATIONS” IN GAZA
AS CIVILIANS EVACUATE**

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**CONTROVERSIAL KSI
VS. TOMMY FURY BOUT
HIGHLIGHTS CONCERNS
OVER CROSSOVER BOXING**

48

**SWIMMING FOR WEIGHT MANAGEMENT:
DIVE INTO THE
BENEFITS, ARUBA’S
PERFECT BACKDROP**



THE GUILLERMO PROSPERO TRINIDAD STADIUM WELCOMES THE FIRST NATIONAL TEAM GAME



BAKI DEN BARIO

CLICK Y MIRA KI DIA E TA
CERCA DI BO

Limpi
Limpi

The Guillermo Prospero Trinidad Stadium welcomes the first national team game

IN the heart of the Dakota neighborhood, a stadium that had long lacked maintenance is once again welcoming the first national team game of Aruba after a beautiful phase of renovation and renewed enthusiasm to continue using this facility for various sports and for all ages of our athletes. The stadium is not yet completely ready, but it will soon shine in all its glory again to provide better opportunities for our athletes and our people.

On Saturday, October 14, after 7 years, the Aruba national team was able to play in Aruba again at the Guillermo Prospero Trinidad Stadium. Since 2016, Aruba's football teams could not play official FIFA home games in Aruba due to the conditions of the Guillermo Prospero Trinidad Stadium not meeting the necessary standards. Despite challenging times, the Wever-Croes II government managed to secure the necessary funding to invest in the Guillermo Prospero Trinidad Stadium, and the first game of the Concacaf Nations League Men's Selection of Aruba vs. the Virgin Islands took place, even though the stadium was not yet fully completed.

During the opening of this first game at the Guillermo Prospero Trinidad Stadium, an enthusiastic audience gave a resounding applause, reminding us that our love for sports can transform not only a place but also the spirit of an entire community. With every game played in this stadium, we are nurturing the dreams of our children, creating a future where strength, teamwork, and determination guide us toward a better nation. In the arena of sports, we find unity, inspiration, and the promise of a brighter future.

Former Minister Evelyn Wever-Croes congratulates Aruba on the Guillermo Prospero Trinidad Stadium, which will soon be completely renovated, and expresses gratitude to the Minister of Sports, Endy Croes, for his vision and determination to provide this opportunity to our sports. Congratulations to Aruba on the victory with a score of 3-1 against the Virgin Islands, putting Aruba at the top of the group.





**SOCIEDAD di
ORQUIDIA ARUBA**
funda na 1972

CELEBRACION 50 ANIVERSARIO SOCIEDAD DI ORQUIDIA ARUBA

Sociedad di Orquidia di Aruba ta invita tur amante di orkidia pa bin celebra hunto cu su miembronan 50 aniversario di Sociedad

Informacion di nos celebracion:

Lo bay tin un stage décor, den un forma di expo, di orkidia di miembronan di Sociedad y premiacion di orkidia.

Lo bay tin tres (3) invitado special cu lo tene un charla:

- **Sr. Merrill Robles**,
miembro honorario di Sociedad di Orquidia Aruba.
Topico: "50 año di Sociedad di Orquidia Aruba"
- **Sra. Andrea Niessen** di Orquivalle, Colombia.
Topico: "The beauty and diversity of Colombian Orchids"
- **Sr. Adeljean Ho**, Orlando, Florida.
Topico: "Ora Brassavola ta baila'bo: when taxonomy swings you around unexpectedly".

Fecha:

Diadomingo dia 29 di October 2023

Luga:

Aruba Marriott Resort & Stellaris Casino - Ballroom

Orario:

10:00 - 17:00 (Ta aprecia si por ta presente prome cu 9:45)

Trahe:

Caribbean Elegance



Mainta tin coffee y pasa boca y merdia lo sirbi lunch entre 12.00-13.00pm. Ta bay tin diferente doorprice y lo clausura e celebracion 15.00 cu un Happy Hour.

REGISTRACION:

No ta suministra tickets pa nos celebracion. Registra via nos email adres: orquidiaaruba@gmail.com of manda whatsapp of yama nos via telefon 6614983. Ta cobra AWG 90,--/USD 50,-- pa persona pa entrada y por paga esaki via banco. Informacion di banco: Sociedad di Orquidia Aruba, number di cuenta 2076240190, ARUBABANK descripcion: 50 aniversario. Menciona bo nomber y fam.

Di antemano nos ta gradici tur esnan cu ta celebra e fiesta di 50 aniversario di Sociedad di Orquidia Aruba hunto cu nos. Y nos ta mira otro dia
29 di october proximo.

**NOS TA TOPA,
DIRECTIVA DI SOCIEDAD DI ORQUIDIA ARUBA**

Israel Prepares for “Significant Military Operations” in Gaza as Civilians Evacuate



IN a recent development, Israel has announced its intent to launch “significant military operations” in the Gaza Strip once the civilian population has been safely evacuated. The Israel Defense Forces (IDF) conveyed this information through Lt. Colonel Jonathan Conricus, the IDF spokesperson.

Emphasizing the humanitarian aspect of this military strategy, Lt. Colonel Conricus stated, “The important thing here to focus on is that we will commence significant military operations only once we see that civilians have left the area.” Israel has demonstrated a commitment to providing ample warning to residents in Gaza, with over 25 hours of notice. Lt. Colonel Conricus urged Gazans to heed this warning, stating, “Now is the time for Gazans to leave. Take your belongings, go south. Preserve your life, and do not fall into the trap that Hamas is setting up for you.”

The Gaza Strip, home to more than two million residents, faces a challenging situation, particularly in the northern section, which Israel has advised to evacuate. This directive has resulted in a significant displacement of people, with

many families now cramped into a smaller territory within the already densely populated region.

Tens of thousands of Palestinians have been following the Israeli military’s instructions to vacate the northern areas. As a result, the southern regions of Gaza are experiencing increased overcrowding as these waves of displaced individuals seek refuge in the southern part of the territory. The situation has raised concerns about the living conditions and well-being of these vulnerable populations.

To prepare for the impending operations, Israel has mobilized hundreds of thousands of reserve units in the vicinity of the Gaza Strip. Lt. Colonel Conricus shed light on this significant mobilization, stating that “more than 360,000 reservists” are being readied for various missions in both the southern and northern regions surrounding Gaza.

The Israeli military’s commitment to ensuring the safety of civilians is underscored by this strategy, which aims to minimize harm to non-combatants during military operations. The situation continues to evolve, with the international community closely monitoring developments in the region.

High Alert in France: Bomb Threats at Louvre and Versailles Follow School Attack



FRANCE was gripped by heightened tension and vigilance as the Louvre Museum and Versailles Palace were evacuated in the wake of bomb threats. These incidents unfolded amidst a climate of uncertainty, triggered by a fatal school stabbing linked to an alleged Islamic extremist and the ongoing Israel-Hamas conflict. President Emmanuel Macron's administration expressed concerns about potential domestic repercussions of the international conflict.

Alarms sounded at the Louvre, one of the world's most-visited tourist destinations, as police announced the evacuation. The underground shopping center beneath the iconic glass pyramid was also cleared. Police searched the museum following written bomb threats but found no explosives. As a result, the Louvre will resume regular operations on Sunday. The significance of this museum, housing masterpieces such as the Mona Lisa, is underscored by its daily influx of 30,000 to 40,000 visitors.

Versailles Palace also received bomb threats, leading to evacuations of the palace and its extensive gardens. Simultaneously, the Gare de Lyon train station in Paris was evacuated due to a suspected bottle explosive.

Earlier on the same day, President Macron's office disclosed the mobilization of 7,000 soldiers by Monday night. This step followed an increase in the national threat level following the school attack in Arras. Under the "attack emergency" threat posture, additional troops can be temporarily deployed to safeguard public places.

Investigations are underway regarding the school stabbing in Arras. The assailant and several others are in custody, although the exact motive remains unclear, and the attacker is not cooperating with investigators. The suspect had previously been under surveillance by intelligence services for radicalization. His recent detention for questioning revealed no imminent threat, according to Interior Minister Gerald Darmanin. However, French intelligence suggested a connection between the Middle East conflict and the suspect's actions.

Returning to Arras, some schoolchildren, parents, and staff revisited the Gambetta-Carnot school where the attack occurred. Trauma specialists emphasized the importance of addressing emotions and revisiting the scene promptly after traumatic events. Teachers, parents, and students are working to confront the lingering fear caused by the incident.

This school attack recalls the 2017 killing of another teacher, Samuel Paty, near his Paris area school. Samuel Paty was beheaded by a radicalized Chechen.

The French Education Ministry announced that all middle schools and high schools will open later on Monday to provide support to staff, students, and their families, following the recent traumatic events. They will hold a minute of silence to remember victims of school-related attacks. President Macron urged the people of France to remain united during these challenging times.

Tragic Toll on Journalists Continues as Israel-Gaza Conflict Claims 12 Lives









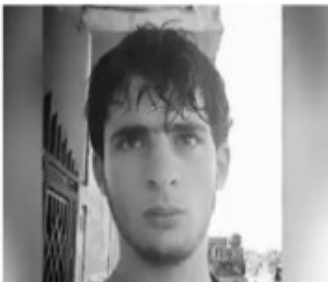



THE Israel-Gaza conflict has taken a devastating toll on journalists, with at least 12 reporters losing their lives and eight others sustaining injuries in the recent wave of violence, according to a statement released by the Committee to Protect Journalists (CPJ) on Saturday.


The surprise attack launched by Hamas on Israel last week plunged the region into a renewed bout of conflict, with journalists caught in the crossfire. Two additional journalists are still missing, further underscoring the perils faced by those who work to bring critical information to the world.


The CPJ, a global nonprofit organization dedicated to safeguarding press freedom, has taken a proactive role in investigating all reports concerning the status of journalists during this war. Their efforts extend to documenting cases of journalists who have been killed, injured, detained, or are unaccounted for, even as hostilities have spilled over into neighboring Lebanon.

Sherif Mansour, the coordinator of the CPJ’s Middle East and North Africa program, emphasized the critical role journalists play in times of crisis and the need to ensure their safety

JOURNALISM
Al Jazeera journalists killed on the front lines
Since launching in 1996, 12 Al Jazeera journalists have been killed while on assignment.

 Tarek Ayoub April 8, 2003 Killed in Iraq	 Rashid Hamid Wali May 20, 2004 Killed in Iraq	 Ali Hassan al-Jaber March 12, 2011 Killed in Libya	 Mohamed al-Massalma January 18, 2013 Killed in Syria
 Hussein Abbas May 1, 2014 Killed in Syria	 Mohamed al-Qasim September 10, 2014 Killed in Syria	 Mahran al-Deery December 10, 2014 Killed in Syria	 Mohammed al-Asfar June 26, 2015 Killed in Syria
 Zakariya Ibrahim December 7, 2015 Killed in Syria	 Ibrahim al-Omar July 11, 2016 Killed in Syria	 Mubarak al-Ebadi August 5, 2016 Killed in Yemen	 Shireen Abu Akleh May 11, 2022 Killed in Palestine

 Source: Al Jazeera | May 11, 2022

 @AJLabs **ALJAZEERA**

during these tumultuous periods. “Journalists are civilians doing important work during times of crisis and must not be targeted by warring parties,” Mansour stated. He also acknowledged the immense sacrifices made by journalists across the region as they cover this significant conflict.

The situation serves as a poignant reminder of the risks journalists face when reporting from conflict zones. Press freedom and the safety of journalists are paramount in upholding democratic values.

The CPJ’s call for all parties involved to prioritize the protection of journalists is a

plea for the preservation of a free and informed press, even in the most challenging of circumstances.

As the conflict continues to unfold, the world watches with concern, hoping for a swift resolution that will bring an end to the violence and spare the lives of journalists and civilians alike.

Spectacular “Ring of Fire” Eclipse

IN a celestial spectacle that unfolded across the Americas, a rare “ring of fire” eclipse of the sun captivated millions of eager observers. Cheers erupted among the crowds gathered in Oregon and New Mexico as this unique event began its awe-inspiring display.

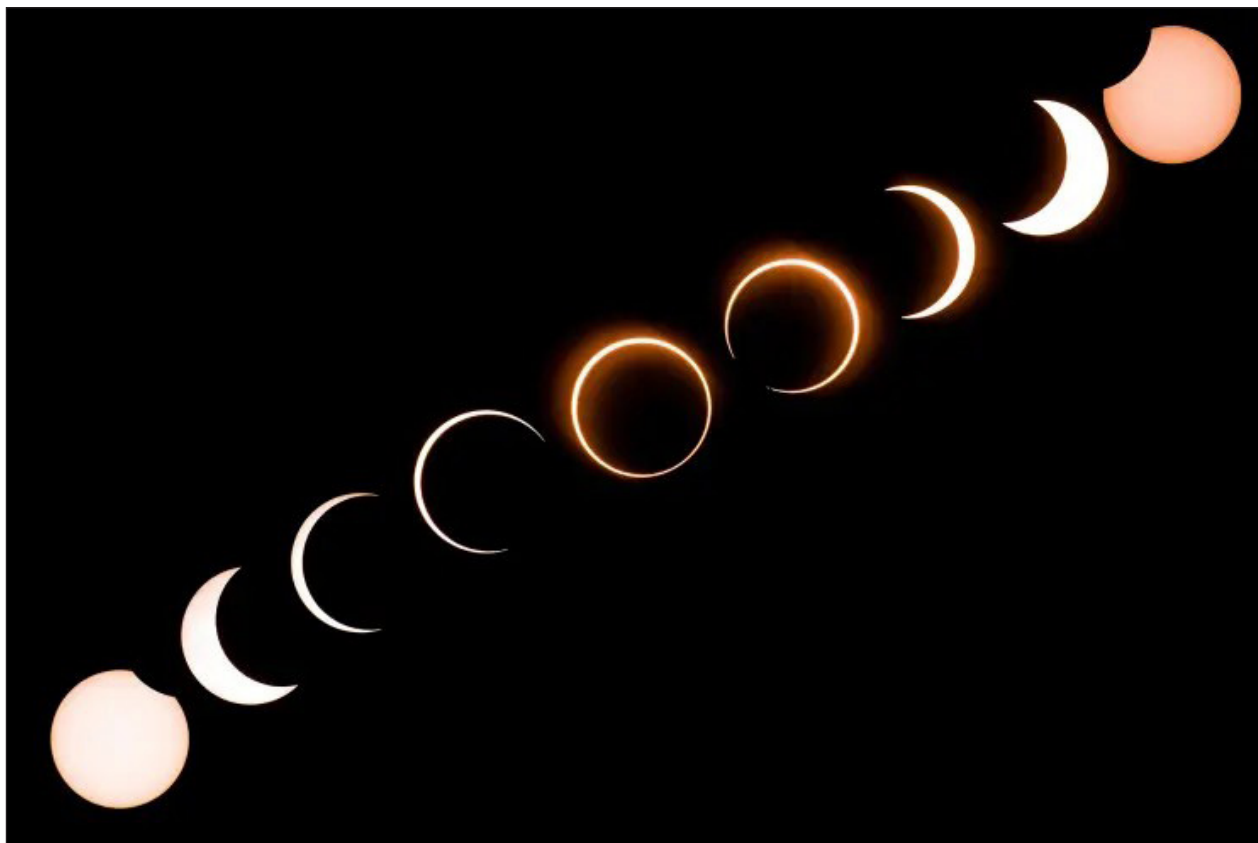
Despite the presence of cloudy skies, a NASA livestream from Eugene, Oregon, reported the eclipse shortly after 9:15 a.m. local time, more than an hour after a partial eclipse had commenced. However, for some smaller towns and cities along its narrow path, concerns about weather and an overwhelming influx of visitors loomed.

As totality began in Eugene, Oregon, onlookers experienced a mix of emotions, as the eclipse intermittently revealed itself through breaks in the cloud cover. In contrast, New Mexico enjoyed clear skies, offering tens of thousands of spectators an unobstructed view, complemented by the simultaneous occurrence of an international balloon fiesta, which attracted close to 100,000 spectators.

At this fiesta, 80,000 pairs of viewing glasses were distributed, and as the ring of fire formed, hot air balloon pilots added to the spectacle by igniting their propane burners, sending flames dancing skyward.

Unlike a total solar eclipse, a ring of fire eclipse occurs when the moon does not entirely conceal the sun. The result is a brilliant, blazing border that encapsulates the moon. On Saturday, this awe-inspiring path stretched from Oregon to Texas, along with portions of California, Arizona, and Colorado.

Afterward, it continued its journey over Mexico’s Yucatan Peninsula, Belize, and other Central and South American



destinations, offering a partial eclipse to the rest of the Western Hemisphere.

To witness this celestial phenomenon, enthusiasts flocked to remote corners of the United States, with Bryce Canyon National Park in southern Utah becoming a popular destination. Here, tiny lights lined a well-known trail through a valley of red rock hoodoos as eclipse enthusiasts staked out their ideal spots to observe this rare occurrence.

For many, the eclipse represented a uniting experience that transcended boundaries. Eclipse watcher John Edwards, who traveled across the country to watch the event from Bryce Canyon, remarked, “This is about as rare as it gets.”

However, successful viewing of the eclipse was highly dependent on clear skies, as some portions of the United States’ path encountered clouds. NASA and various organizations provided livestreams to ensure that those unable to view it in person could still participate in this extraordinary event.

While East Coast viewers were prepared to witness a partial eclipse, viewers in some areas anticipated up to a quarter of the sun covered, like New York City, where spectators were ready to observe the skies. Safety glasses were distributed in places like the Clark Telescope in Maine to facilitate safe viewing of this celestial spectacle.

Colombia’s Tatacoa desert accommodated visually impaired individuals by utilizing raised maps and temperature changes to allow them to experience the eclipse, while in Cancun, young visitors constructed box projectors to indirectly and safely observe the ring of fire. The ancient Maya, who referred to eclipses as “broken sun,” might have used dark volcanic glass to shield their eyes during such events.

The entire eclipse event, from the moon’s initial obstruction of the sun to its return to normal, spanned two and a half to three hours at each location. The ring of fire portion, where the moon encircled the sun, lasted from three to five minutes, depending on the observer’s location.

A Glimpse into the Life of Christian Future King of Denmark, as He Celebrates His 18th Birthday

EUROPE is preparing for a new generation of royals who will one day ascend to thrones and grace the pages of the media. This future seems to be written in a predominantly feminine script. The recent 18th birthday celebration of Christian of Denmark, the firstborn of Federico and Mary Donaldson, marks an extraordinary milestone.

As the spotlight shines on future queens like Leonor of Spain, Amalia of the Netherlands, Isabel of Belgium, Estela of Sweden, and Ingrid of Norway, a wave of female monarchs is set to rule across the European continent. Only the United Kingdom and Luxembourg, with their slightly older princes, and the small realms of Liechtenstein and Monaco, under the rule of José and Jaime respectively, will continue to have male monarchs. This convergence of reigning queens in European history makes it a truly unique and historic era.

Christian is one of the few young princes who will wear a crown in the future, amidst this predominantly female landscape. Queen Margarita has decided to throw a grand celebration for his birthday today, although the young Count of Monpezat does not yet have an official role.

Unlike some of his counterparts, like Amalia of the Netherlands or Spain's own Leonor, Christian is not considered an heir to the throne. His parents, Federico of Denmark and Mary Donaldson, have always shielded him from media attention, to the extent that he remains relatively unknown in his own country. Their protective measures include not



receiving a state allowance until he turns 21, allowing him to focus on his studies. Nonetheless, this weekend, the eyes of all Europe are on Christian.

Unveiling the Future King

The true essence of this future king remains shrouded in mystery, as very little is known about his preferences. Common knowledge suggests his enthusiasm for football; he has been spotted at Danish national team matches, donning a football jersey on occasion. In 2023, he obtained his driver's license and has generally been a well-behaved son. Unlike some other young royals, his life has been largely discreet. He made history as the first member of the Danish monarchy to attend a public nursery and school. The only scandal that brushed against him was related to revelations of sexual abuse at the secondary school he was attending, leading to his immediate removal from the institution.

Recent rumors linked Princess Leonor of Spain to some of her fellow cadets during a reception at the Royal Palace following the October 12th parade. Christian, on the other hand, was previously associated with Chiara of Bourbon-Two Sicilies a few months ago. This connection was downplayed as a lifelong friendship, although the daughter of the Duke of Castro stated that "she didn't see herself as a queen yet."

To mark the occasion, a grand celebration is set to take place at 5:00 PM, where 200 young Danes will join the various royal families in attendance. Notable guests include Victoria of Sweden, Haakon of Norway accompanied by his daughter Ingrid, and Isabel of Belgium. All of them serve as godparents to Christian, along with Pablo of Greece, among others. Notably, the absence of more crowned heads can be attributed to Christian's status as a non-heir.

An advertisement for Wingo flights. It features a background image of a church and a Wingo airplane. The text reads: "VAMOS A COLOMBIA BOGOTA CALI MEDELLIN", "ARUBA/ COLOMBIA COMENZANDO DESDE, PARA UN DESTINO", "\$100 USD", "AUA", and "wingo.com ¿Cómo quieres volar?".

In Memoriam:

Sherika de Armas, Former Miss Uruguay, Passes Away at 26

SHERIKA de Armas, the young model and entrepreneur who was crowned Miss Uruguay in 2015, left a lasting impact on the world of fashion and philanthropy. Unfortunately, this weekend brought heartbreaking news to social media. On October 11, the 26-year-old passed away after a valiant two-year battle against cancer, leaving the world of modeling in mourning.

A Remarkable Journey

Sherika de Armas, affectionately known as Miss Uruguay, achieved international recognition for her beauty and grace. Her journey took her beyond the title of a beauty queen, delving into the realms of fashion, personal care, and charity.

Sherika's younger brother, Mayk de Armas, shared the somber news on his social media profile, saying, "Fly high, little sister. Always and forever." His heartfelt tribute resonated deeply within the modeling community. Uruguay's TV Show program reported that Sherika de Armas succumbed to uterine cancer, a reason that reverberated through the worlds of fashion and social media.

A Model of Elegance and Grace

Sherika was not just a pretty face but an inspiring figure. She was an ambassador for beauty with brains and a heart. Her colleagues fondly remembered her as "too evolved for this world" and "one of the most beautiful women I've ever known," as shared by Carla Romero, the current Miss Uruguay.

At the tender age of 18, Sherika was crowned Miss Uruguay and went on to represent her nation in the Miss World 2016 pageant held in Sanya, China. "It's a dream come true. It's exactly what I aspired to achieve. It's indescribable to explain what I felt when they called me to be crowned," were her words upon winning this prestigious title.

Sherika's journey continued in the world of fashion and personal care. She expressed her love for everything related to fashion and recognized the Miss Universe pageant as a dream for any young woman. "I am very happy to experience this full-of-challenges adventure," she shared during an interview with NetUruguay, the platform dedicated to showcasing significant fashion news in the South American



country.

Yet, her passion extended far beyond the runway. She ventured into entrepreneurship, establishing her company specializing in personal care products and makeup: Shey de Armas Beauty Studio. Additionally, Sherika actively participated as a volunteer for the Pérez Scremini Foundation, dedicated to curing pediatric cancer cases in Uruguay. Sherika de Armas may have left this world at a young age, but her legacy as a beauty queen, an entrepreneur, and a philanthropist lives on, reminding us that true beauty shines from within.

Venezuela Shocks Brazil with Audacious Bicycle Kick to End Home Winning Streak



IN a stunning turn of events during World Cup qualifying, Eduard Bello's audacious bicycle kick secured a shock draw for Venezuela against Brazil, ending the Seleção's extraordinary home winning streak.

Brazil's remarkable record of not failing to win a home World Cup qualifier since a 2-2 draw against Uruguay in March 2016 was shattered when Bello delivered a remarkable strike just five minutes before the final whistle.

The deadlock was finally broken in the 50th minute when Arsenal defender Gabriel Magalhães headed Neymar's corner into the near post, overcoming Venezuela's stubborn defense.

Although Brazil had multiple opportunities to extend its lead, Vinícius Jr.'s goal was disallowed due to an offside call with 20 minutes left on the clock.

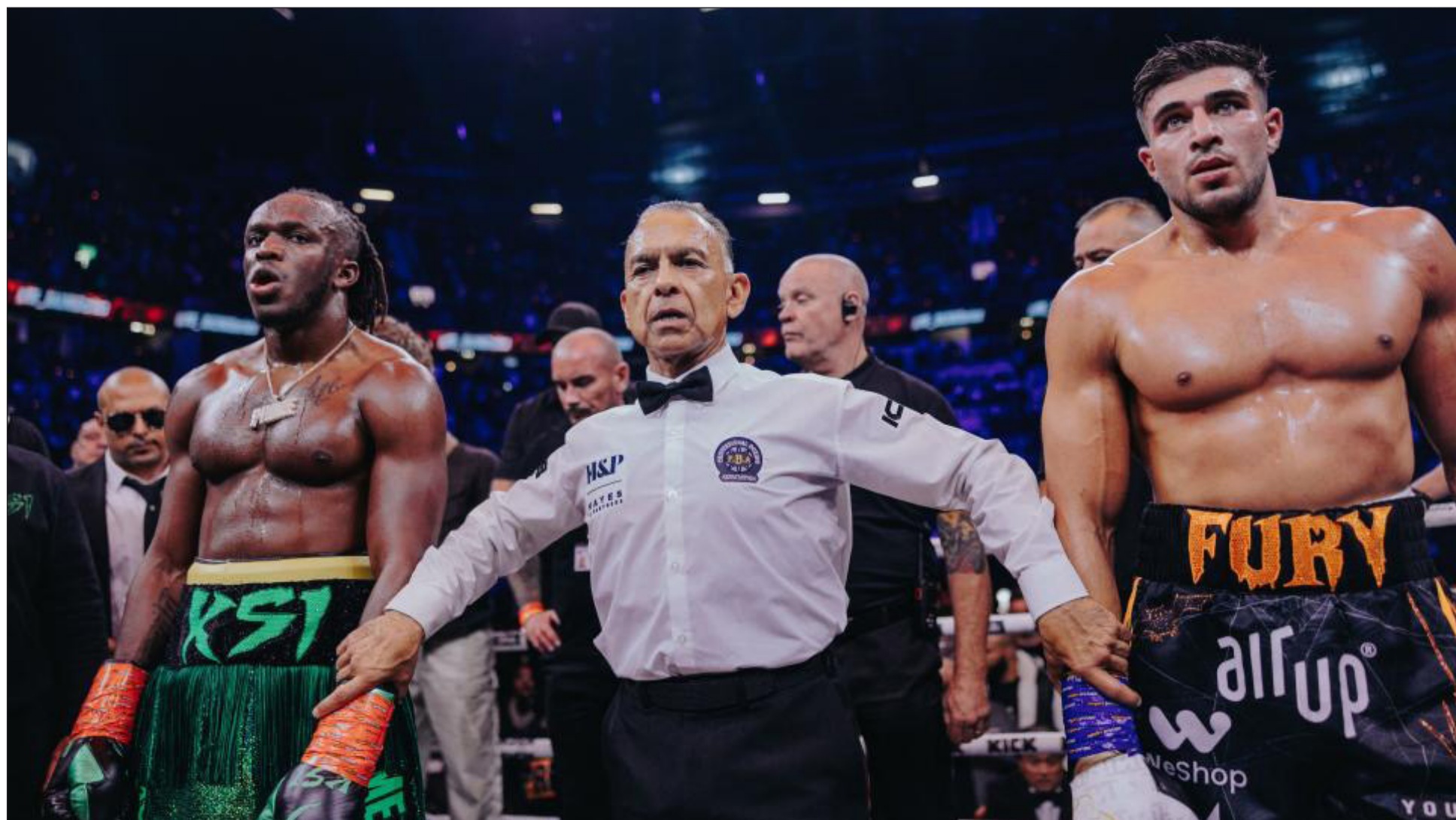
As the clock ticked down and Brazil seemed poised for victory, Bello created a moment of brilliance. He skillfully converted Jefferson Savarino's seemingly ordinary cross into an extraordinary one, using a bicycle kick to direct the ball past the static Ederson.

This extraordinary goal set off jubilant celebrations, with the Venezuela bench spilling onto the pitch to honor Bello, who had previously gone viral in 2018 for proposing to his girlfriend in the stands during a match after scoring a goal.

Venezuela's remarkable performance in Brazil earns them a record that only Uruguay can surpass, having secured three qualifying draws against the five-time world champion. Other South American teams such as Colombia, Paraguay, and Bolivia have also managed to achieve two draws, while Argentina and Peru have been limited to a single draw each. Ecuador and Chile, in contrast, have experienced defeat in every World Cup qualifier played on Brazilian soil.

Brazil's remarkable home World Cup qualifier record remains intact, albeit sharing second place with Argentina, who maintained a 100% record with a 1-0 victory over Paraguay. In other matches, Uruguay secured a late 2-2 draw away against Colombia thanks to Darwin Núñez's stoppage-time penalty. Chile claimed its first win with a 2-0 victory over Peru at home, and Ecuador celebrated a significant 2-1 victory in the high-altitude venue of La Paz, Bolivia, thanks to Kevin Rodríguez's 96th-minute strike.

Controversial KSI vs. Tommy Fury Bout Highlights Concerns Over Crossover Boxing



IN a recent crossover boxing event that had garnered considerable attention, KSI and Tommy Fury clashed in a bout that ultimately left both fans and critics underwhelmed. The much-anticipated main event, promoted by Misfits Boxing, took place in Manchester, England, and was marked by excessive clinching and controversial decisions that left many questioning the legitimacy of such crossover fights.

Tommy Fury managed to secure a majority decision victory in a match that failed to deliver the expected entertainment value. Despite his triumph, the victory was clouded by the fact that Fury had a point deducted in the second round for blows behind the head. In a six-round fight, the loss of a point is a significant disadvantage, raising eyebrows about the judges' ultimate decision.

What was most disappointing about the contest was the excessive clinching throughout the match. Both fighters were frequently warned for this, but they continued to resort to it whenever they were at a distance, smothering any chance of a genuine punching exchange. These tactics stifled the overall excitement and contributed to the lackluster nature of the bout.

KSI, the YouTuber turned boxer, expressed his dissatisfaction with the scorecards and argued with Tommy Fury inside

the ring. He reminded Fury that he was the professional boxer, while KSI was perceived as "the YouTuber." Fury, in response, labeled KSI a sore loser.

With many expecting the winner to secure a match against Jake Paul, Tommy Fury announced that he had no intention of participating in more "crossover bulls---." This decision followed his previous victory against Jake Paul by split decision in February.

In a co-headliner fight, Logan Paul faced Dillon Danis, an MMA fighter. The contest was marked by its controversial ending. Danis attempted a double-leg takedown, which was foiled by Paul. However, the fight took a bizarre turn when Danis resorted to a chokehold on Paul after the final bell rang. In the ensuing chaos, Danis was disqualified for his actions. Fans who had paid for the fight were left disgruntled, questioning the professionalism and quality of the match.

The lack of excitement in these crossover boxing events is raising concerns about the sport's integrity and reputation, as many fans expect thrilling and fair competitions when they tune in to watch. These performances, characterized by excessive clinching and unsportsmanlike conduct, detract from the sport of boxing's rich tradition and damage its credibility.

Veteran Edson Barboza Stages Comeback to Win Slugfest at UFC Vegas 81

EDSON Barboza and Sodiq Yusuff engaged in an electrifying featherweight bout at UFC Vegas 81, held at Apex in Las Vegas. In the opening round, Yusuff delivered a barrage of heavy strikes to Barboza, making it appear as another early knockout victory for the night.

However, Barboza, a seasoned fighter known for his brutal leg kicks, refused to back down. Despite being battered in the first round and nearly finished, he staged a remarkable comeback, securing a unanimous decision win over Yusuff in this thrilling slugfest. The judges' scorecards read 48-46 twice and 49-46 in favor of Barboza. Yahoo Sports' scorecard saw it 48-45 in Barboza's favor.

Barboza's recovery was nothing short of incredible. "I was very dizzy," he admitted, with his eye nearly closed and a face full of welts. "I didn't know if I was in the gym, at my house playing with the kids, or what. I didn't know what was going on." Yet, he quickly regained his composure, controlling the fight's pace from thereon.



While Yusuff held a slight edge in significant strikes (178-164), it was Barboza's 89 body shots that likely turned the tide. His relentless focus on attacking Yusuff's body caused the younger fighter to slow down, enabling Barboza to make a victorious comeback.

Yusuff acknowledged his over-eagerness in the first round, understanding that he should have picked his shots more strategically. "I got a bit overzealous. I'm still young in this game," he conceded.

The event also featured Jonathan Martinez delivering a brutal leg kick knockout against Adrian Yanez, becoming only the 15th fighter in UFC history to achieve such a finish. Additionally, Michel Pereira, after missing weight earlier, moved up to middleweight and secured a quick win in the first round against Andre Petroski.

Moreover, Darren Elkins, known for his resiliency, submitted T.J. Brown, proving he still has plenty of fight left in him at nearly 40 years old. Meanwhile, Terrance McKinney continued his impressive knockout streak with a 20-second win over Brendon Marotte.

In a notable post-fight callout, Melissa Dixon, despite an early knockdown, secured a unanimous decision win over Irina Alekseeva and challenged UFC CEO Dana White for a post-fight bonus, asserting that her performance deserved recognition. Dixon's tenacity echoed a night of thrilling and unexpected moments at UFC Vegas 81.

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China's Economic Era Ends:

From Prosperity to Power under Xi Jinping

AFTER a remarkable three-decade-long economic upswing, an era has come to a close for China's economy. During this supercycle, the nation's capacity to manufacture, consumption appetite, and global economic influence burgeoned. China's relentless pursuit of economic development was unwavering, even as it led to considerable policy missteps, such as inflating a property bubble, heaping debt on provinces, and maintaining an overdependence on investment. This era saw Beijing focus solely on monetary gains, pushing its economy ahead relentlessly.

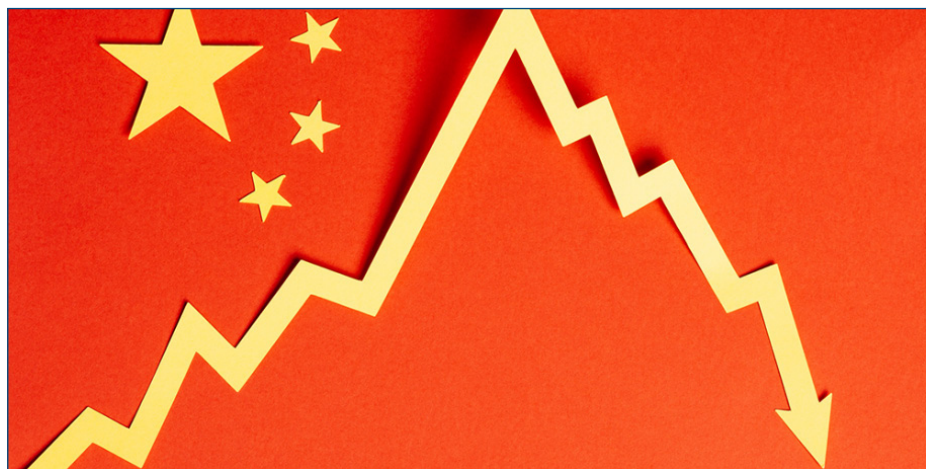
Notably, this expansion not only benefitted Beijing but also fueled global demand. Countries looked to China's rapid modernization and industrial strength for their own development. Even American companies anticipated China's emergence as the next major global market. However, those bets now appear misplaced.

The Chinese Communist Party (CCP), under President Xi Jinping's leadership, has shifted its priorities from economic wealth to national security and power. It's no longer about getting rich; it's about attaining power. This change in direction is evident in the government's behavior and priorities. In the past, during economic downturns, the CCP would respond with substantial stimulus packages. But this time, a substantial economic stimulus isn't on the horizon, and the explosive growth once anticipated from China seems unlikely to return. Beijing's interactions with the outside world are no longer driven by economic rationale but by its quest for political power.

Lee Miller, founder of China Beige Book, an economic surveyor, emphasized this shift: "This isn't about the economy anymore; it's all about advanced technology and weaponry." This change has far-reaching implications.

American businesses now face diminished demand and unstable supply chains, from farmers to pharmaceutical companies. Policymakers are dealing with a more obstinate China in times of conflict. For the rest of the world, it means a more uncertain global landscape.

China's economy has grappled with structural problems for nearly a decade, and it's become increasingly evident that its growth model is faltering. Notably, the nation's real estate market, vital for Chinese households and local government financing, has faced ongoing challenges. The vast developments, fueled by speculation and easy credit, have led to an overabundance of housing, even in smaller cities where



demand is weaker.

Beijing made efforts to limit the credit inflating the property bubble, but the system continued because real estate was crucial for government financing. But the system is now showing cracks. Country Garden, China's largest real estate developer, teeters on the edge, while authorities have detained the chairman of Evergrande, another struggling real estate behemoth.

This ailing real estate sector, along with weakening exports, underscores China's broader economic problems. Falling property prices and export slowdowns erode Chinese wealth, threatening social stability. Beijing has avoided the kind of meaningful correction that would lead to unrest, but the financial system's vulnerabilities remain.

Amidst all these issues, China's economic future looks increasingly uncertain. The government's expenditure is insufficient to address the challenges, and significant disruptions could jeopardize its control. As China's population ages due to the one-child policy, an aging workforce and declining demographics will strain the nation's threadbare social safety net.

As a new era begins with national security as the primary focus, economic priorities are no longer paramount. The emphasis on power has shifted the dynamic of China's relationship with the world. How nations and businesses navigate these changes will have significant consequences for the global landscape. The epoch of China's economic ascendancy is over, and the future remains unpredictable.



Influence of Billionaire-Backed AI Advisers on Capitol Hill



IN an increasingly interconnected network backed by Silicon Valley billionaires, a confluence of tech CEOs, congressional offices, federal agencies, and influential think tanks has taken root. This web is driven by Open Philanthropy, primarily funded by Facebook co-founder and Asana CEO, Dustin Moskovitz, and his spouse, Cari Tuna. Open Philanthropy is financing over a dozen AI fellows, scattered across crucial congressional offices, federal agencies, and influential think tanks.

Open Philanthropy created the Horizon Institute for Public Service in 2022, effectively funding technology fellows in key Senate offices. Some of the top Senate AI legislation leaders, including Sens. Martin Heinrich, Mike Rounds, and Todd Young, each have a Horizon fellow focusing on AI or closely related topics like biosecurity. Moreover, Sen. Richard Blumenthal's office, an influential member of the Senate Judiciary Committee, boasts a Horizon AI fellow with prior experience at OpenAI, further emphasizing the group's influence.

Current and former Horizon AI fellows, whose salaries are financed by Open Philanthropy, are now working in significant government bodies like the Department of Defense, the Department of Homeland Security, the State Department, the House Science Committee, and Senate Commerce Committee. They are also present in pivotal think tanks shaping AI policy, such as the RAND Corporation and Georgetown University's Center for Security and Emerging Technology.

However, concerns are arising about this network's focus on long-term AI risks, which some argue could divert Congress from addressing immediate AI concerns. Critics

point out that AI systems in use today already pose threats such as bias, misinformation, copyright issues, and privacy concerns. The emphasis on hypothetical long-term dangers might lead to inadequate policies.

One of the critical concerns is the introduction of licensing for AI. The proposal suggests requiring companies to obtain licenses for advanced AI work, potentially benefitting larger tech giants. Critics argue this could entrench existing monopolies and hinder smaller startups from entering the market.

Open Philanthropy's approach, which closely aligns with "effective altruism," emphasizes data-driven philanthropy and long-term risks. This ideology has permeated the AI community and influenced AI experts, including policy-makers, toward addressing speculative existential risks rather than immediate concerns.

The complex network built by Open Philanthropy raises questions about ethics and conflicts of interest. Although spokespeople for Open Philanthropy emphasize their independence from Horizon, concerns persist about transparency and potential hidden agendas. This influential network is gradually shaping AI policies in Washington, impacting crucial decisions about technology and its long-term consequences.

In response to the growing influence of effective altruists and Open Philanthropy, AI experts concerned about different sets of risks are striving to build an alternative network to ensure that immediate AI issues do not get overshadowed by long-term existential threats. The battle for influence on AI policy in Washington is intensifying, with the outcome likely to impact the future of AI regulation and development.

Designing Sustainable Farming Systems



IN an era marked by increasing concern over climate change and environmental degradation, permaculture has emerged as a beacon of hope within the agricultural landscape. A contraction of “permanent agriculture” or “permanent culture,” permaculture is a holistic approach to farming that aims to create regenerative and self-sustaining agricultural systems by closely emulating natural ecosystems.

Designing with Nature:

At the core of permaculture is the principle of designing agricultural systems that work in harmony with nature. This entails a careful observation of local ecosystems, soil characteristics, climate patterns, and water dynamics. The aim is to develop resilient and productive farms by aligning farming practices with natural processes.

Championing Diversity:

Diversity is a hallmark of permaculture in agriculture. Rather than relying on mono-cropping, permaculturists promote the cultivation of a wide variety of crops, trees, and animals. Polycultures, where multiple species are planted together, are favored due to their resilience against pests and diseases. This approach fosters biodiversity and ecological balance.

Perennial Focus:

Perennial crops, which thrive for many years, form a fundamental component of permaculture. These plants often feature deep root systems that improve soil structure and

require less maintenance compared to annual crops, making them a sustainable choice.

Sustainable Practices:

Sustainability is a guiding principle in permaculture. The philosophy promotes techniques like no-till or low-till farming, organic and regenerative practices, water conservation, and the utilization of natural and renewable resources. These practices reduce the environmental footprint of agriculture and prioritize the long-term health of the land.

A Holistic Approach:

Permaculture goes beyond mere agricultural methods, embracing a holistic way of life that emphasizes ethical decision-making, the conservation of energy, and sustainable architecture. It encourages cooperation, sharing, and the creation of resilient local communities that support each other.

In an age where sustainable farming practices are imperative to address the challenges of a changing climate and dwindling resources, permaculture in agriculture represents a promising path forward.

By embracing these principles, farmers can build regenerative and harmonious agricultural systems that not only respect the Earth and its resources but also offer a more sustainable future for generations to come.

The Inspirational Journey to Overcoming Relationship Drift

IN the intricate tapestry of a romantic relationship, it's not uncommon to encounter moments where the threads of connection appear to fray. Life's demands, personal growth, and changing interests can lead partners down separate paths. Yet, these moments of drift need not be seen as the beginning of the end; they can be transformative opportunities for growth and renewal.

Recognizing the Drift:

The journey begins with recognizing that you and your partner have been drifting apart. This realization is not a sign of failure, but rather an important step towards reconnection. Signs may include a subtle decline in communication, less quality time spent together, or a growing emotional distance.

Embrace Open Communication:

Take the courageous step of initiating an open and honest conversation about the changes you've both noticed. Create a safe space for dialogue where you can express your feelings and concerns without fear of judgment. Effective communication serves as the compass to navigate the challenges you face together.

Rediscovering Common Ground:

As you embark on this journey, revisit the shared values, interests, and dreams that first united you. The beauty of love lies in its capacity to transcend time and distance. Reconnecting with these common roots can rekindle the flame that may have dimmed.

Balancing Autonomy:

While closeness is integral, remember the importance of granting one another the space to pursue personal growth and self-expression. Autonomy is not a sign of detachment but rather an empowering component of your shared journey.

Create New Shared Goals:

Set forth on a path of reconnection by establishing fresh goals or projects that you both can enthusiastically work towards. These common objectives will not only motivate you but also reinforce the sense of togetherness.

Revive Your Long-Term Vision:

Take time to reflect on the long-term vision you share for the future. Reaffirm your unwavering commitment to each



other and the relationship's enduring strength. It's in these moments of reaffirmation that bonds are strengthened.

Professional Support:

Sometimes, the road to reconnection may appear challenging. In such instances, do not hesitate to reach out for professional guidance from a relationship counselor or therapist. They can illuminate the path and provide strategies for rekindling the spark.

Empathy as the Beacon:

Rediscovering your connection relies on a deep understanding of each other's experiences, emotions, and perspectives. Empathy serves as a beacon of light, guiding you through the storm, and fostering mutual understanding.

Quality Time as the Catalyst:

Purposefully dedicate time to one another. This quality time, free from distractions, can reignite your emotional connection. Whether through shared activities, heartfelt conversations, or simply being present with each other, these moments will bridge the gap.

Embrace Change:

Remember, relationships are not stagnant; they evolve and grow. Embrace the changes as stepping stones towards personal and shared transformation. In adaptation, you'll rediscover the very essence that brought you together.

Conclusion:

In the face of drift, the love that binds you remains steadfast. The journey to rekindling connection is an inspirational one, where challenges become catalysts for growth, and the threads of your relationship weave an even more intricate, resilient, and beautiful tapestry. With courage, understanding, and shared dedication, you can embrace the power of reconnection and write the next chapter of your love story.

Demanding Justice:

The Urgent Need to Reevaluate Sentences for Pedophiles

IN recent years, there has been a growing concern surrounding the reduced sentences handed to individuals convicted of pedophilia. It’s a troubling issue that strikes at the heart of justice, and it sends a disheartening message to the victims of these heinous crimes. For too long, it has been a slap in the face of the victims and has hindered others from finding the courage to come forward. The time for change is now, and it begins with a resounding call to action.

The Impact on Victims:

Reduced sentences for pedophiles undoubtedly send a distressing message to the survivors of these abhorrent acts. It is a painful reminder that the justice system, in some instances, may not fully comprehend the enduring trauma that victims carry with them. This lack of consequence can deter others from speaking out and seeking justice, fostering a culture of silence that only perpetuates the cycle of abuse.

Reevaluating Sentences:

It’s time for a comprehensive reevaluation of sentences for pedophiles. The severity of these crimes, the profound impact they have on victims, and the potential risk to society demand stringent and consistent sentencing guidelines. The legal system must prioritize the protection of the most vulnerable and ensure that those who commit such crimes face the full force of the law.

Support for Victims:

In parallel with tougher sentencing, there must be a renewed commitment to supporting the victims of pedophilia. Counseling, therapy, and community resources are essential for survivors to rebuild their lives. By offering a strong support system, society can empower victims to come forward and share their experiences without fear.

Raising Awareness:

Finally, a critical aspect of this call to action is raising awareness. We must strive to create a society where victims are not blamed or shamed but are instead encouraged to seek help and justice. A cultural shift that prioritizes the voices

Florida Judge Candidate Sought Out Alleged Pedophiles, Bragged about Helping Them Beat Sex Crime Charges

Shane Trejo | Jul 9, 2022



and well-being of victims is a vital step in the right direction.

Conclusion:

Reduced sentences for pedophiles are not just a legal concern; they represent a grave injustice that affects society at large. It’s time to unite in the demand for justice, to reevaluate sentencing guidelines, and to offer unwavering support to the victims. By taking a stand and advocating for change, we can help ensure that no victim is left without the justice and closure they deserve, and that the perpetrators of such heinous acts are held accountable for their crimes. The time for action is now.

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The Looming Health Catastrophe

The Sweet Poison

SUGAR, that delightful sweetener, is a staple in our diets, but its excessive presence has taken a toll on our health. The damaging consequences of sugar consumption have raised concerns among health experts and consumers alike. In this report, we delve into the impact of sugar on our well-being and why it is crucial to exercise caution when dealing with this sweet temptation.

1. Weight Gain and Obesity:

Sugar's connection to weight gain and obesity is not a secret. The sugary treats that tantalize our taste buds often pack an excess of calories while lacking essential nutrients. This imbalance leads to overconsumption and contributes to obesity, which is a known risk factor for heart disease, diabetes, and certain cancers.

2. Diabetes Dilemma:

A high-sugar diet is a significant driver of type 2 diabetes. It sends blood sugar levels on a rollercoaster ride, ultimately leading to insulin resistance. This condition impairs the body's ability to regulate blood sugar, making the onset of diabetes more likely.

3. Dental Distress:

Sugar's harm is not limited to internal health. The consumption of sugary foods and drinks fuels oral health problems, such as cavities and gum disease. The bacteria in our mouths thrive on sugar, producing acids that



corrode tooth enamel, giving rise to tooth decay and other dental woes.

4. Cardiac Concerns:

Heart disease is another alarming outcome of sugar-laden diets. The high sugar intake contributes to elevated blood pressure, inflammation, and unhealthy lipid profiles, culminating in a greater risk of heart-related problems.

As the sweet poison continues to infiltrate our diets, it is imperative to be mindful of hidden sugars in processed foods and beverages.

By opting for whole, unprocessed foods and curbing added sugar intake, individuals can make healthier choices to mitigate the harm sugar can inflict on their health, promoting overall well-being and vitality.



IN a world marked by significant advancements in medical science, prescription drugs play an indispensable role in treating a wide range of medical conditions. These medications are prescribed by healthcare professionals to alleviate symptoms, manage chronic conditions, and improve overall health. However, the nuanced discussion around prescription drugs is centered on their benefits and potential risks.

Balancing Benefits:

Prescription drugs have transformed the landscape of modern medicine, offering solutions to ailments that were once life-threatening. They address a myriad of conditions, from infections to chronic diseases, providing patients with effective means to manage and recover. The benefits extend to improving the quality of life for millions, enabling patients to lead healthier, more comfortable lives.

Navigating Risks:

While prescription drugs offer substantial benefits, they are not without risks. Potential side effects and adverse reactions necessitate a careful consideration of their usage. Healthcare professionals, in collaboration with patients, must weigh the benefits of treatment against the potential risks, striving for a balance that optimizes patient well-being. Overuse, misuse, or misunderstanding of prescriptions can lead to unintended consequences and pose serious health threats.

Regulation and Responsibility:

Prescription drug regulation plays a crucial role in ensuring their safety and efficacy. Government agencies, such as the FDA in the United States, rigorously evaluate and approve medications for specific uses. Physicians and pharmacists

are entrusted with the responsibility of providing patients with accurate information about proper use, potential side effects, and the importance of adhering to prescribed dosages.

Conclusion:

Prescription drugs are a cornerstone of modern healthcare, offering hope and relief to those facing medical challenges. It is imperative for healthcare providers and patients to collaborate in a shared responsibility for their proper use. With a nuanced understanding of the benefits and risks, prescription drugs can continue to improve lives and contribute to advancing healthcare on a global scale.

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Swimming for Weight Management: Dive into the Benefits, Aruba's Perfect Backdrop



IN the pursuit of effective weight management, swimming stands as a powerhouse among fitness routines. It's a holistic exercise that offers a multitude of benefits, making it a compelling choice for individuals aiming to shed those extra pounds. Additionally, the breathtaking backdrop of Aruba, with its pristine beaches and crystal-clear waters, provides the perfect environment for swimmers to embark on their fitness journey.

The Power of Swimming for Weight Management:

Swimming is more than just a leisurely activity; it's a dynamic full-body workout that engages various muscle groups simultaneously. This comprehensive exercise torches calories and contributes to weight loss. The legs, arms, core, and back all play integral roles in this process, making swimming an all-encompassing fitness regimen.

Calorie Burning Potential:

One of the major advantages of swimming is its calorie-burning capacity. Depending on the intensity and duration of your swim, you can burn a substantial number of calories. This exercise is a compelling means to create a calorie deficit, which is essential for managing and reducing weight.

Low-Impact and Joint-Friendly:

Swimming holds an advantage over high-impact exercises, such as running, due to its low-impact nature. This quality makes it a suitable choice for individuals with joint concerns and those aiming to preserve joint health throughout their

fitness journey.

Aruba's Scenic Backdrop:

As if the benefits of swimming weren't enticing enough, the island of Aruba offers a magnificent backdrop for swimmers. With its pristine beaches and crystal-clear waters, this Caribbean paradise provides the perfect setting for swimming enthusiasts. The calming embrace of the Caribbean Sea and the tranquil scenery inspire swimmers to continue their weight management quest.

A Holistic Approach to Health:

The advantages of swimming go beyond just calorie burning. This exercise fosters muscle toning, cardiovascular fitness, flexibility, and stress reduction. It can also lead to enhanced lung capacity, better appetite regulation, and improved psychological well-being. When complemented with a balanced diet, swimming can be an integral component of a holistic approach to health and weight management.

For those considering the perfect locale for swimming as a weight management strategy, Aruba's captivating scenery and idyllic waters make it an appealing destination. The tranquil ambiance of this Caribbean gem encourages individuals to dive into their fitness journey while surrounded by natural beauty.

It's a reminder that sometimes, the perfect setting can make all the difference in pursuing a healthier and more active lifestyle.

Exploring the Art of Wearing Statement Jewelry



STATEMENT jewelry, with its bold and captivating designs, has the power to elevate your style and add a touch of drama to any outfit, from casual to formal. This guide will help you navigate the world of statement jewelry, offering tips on how to wear it with confidence and flair.

What to Wear with Statement Jewelry

The key to rocking statement jewelry is to pair it with simple, understated clothing. This allows your accessories to take center stage without competing with intricate patterns or complex clothing styles. While this is a general guideline, remember that fashion rules are meant to be bent. If you adore the idea of combining statement jewelry with a heavily patterned outfit, go for it. Your style should reflect your personality and the occasion you're dressing for.

Statement jewelry can add versatility to your wardrobe. Just like any accessory, it has the power to transform your favorite, often-worn clothing into something new and exciting.

Dressing Down with Statement Jewelry

Casual outfits pair wonderfully with statement jewelry. A plain shirt and jeans can be instantly elevated with a striking statement necklace or a bold cocktail ring. This unexpected addition can breathe new life into everyday wear.

Dressing Up with Statement Jewelry

Formal attire also complements statement jewelry beautifully. Picture an elegant, simple black dress paired with a captivating pendant necklace or a pair of dramatic dangle earrings. It's a stylish and effortless look to pull off.

Statement Necklaces

When opting for a statement necklace, consider the neckline of your outfit and the desired necklace length. It can sit higher on your neck, subtly peeking out from a partly open shirt, or elegantly drape over simple clothing. Experiment with layering necklaces of varying sizes for a stunning, multi-dimensional effect.

Statement Earrings

Earrings can serve as stunning statement pieces. If you choose earrings as the focal point, consider skipping a necklace and perhaps opting for more understated bracelets or rings to complement the look.

Statement Rings

Cocktail rings are ideal for making a statement. They should be bold and captivating, larger than your typical rings. Often, you won't wear other rings with them, but you can consider keeping sentimental rings on one hand and a striking cocktail ring on the other. You can also experiment with an array of contrasting cocktail rings to create a unique and dramatic ensemble. Stackable rings offer another option, providing an opportunity to add sparkle and intrigue.

Simone Walsh's statement jewelry pieces are crafted with love from precious metals, many adorned with sparkling gemstones. Their designs are bold yet charming, offering delightful details to elevate even the simplest of outfits.

Embrace the world of statement jewelry, make it your own, and let your unique style shine.



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